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# HOW TO PLAY BASKET BALL



BY  
**GEO. T. HEPBRON**



**American Sports Publishing Co.**  
16-18 Park Place, New York

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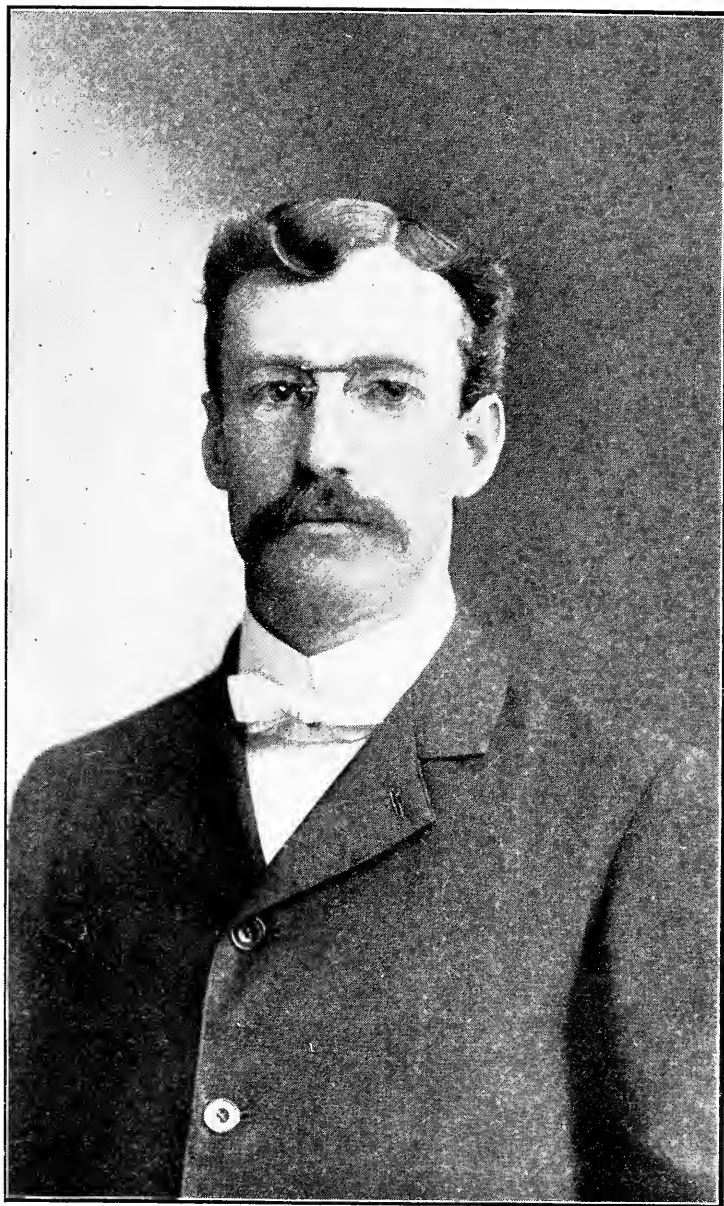
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AMERICAN SPORTS PUBLISHING COMPANY

16-18 PARK PLACE, NEW YORK







GEO. T. HEPBRON

Secretary Amateur Athletic Union National Basket Ball Committee.

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By

**GEORGE T. HEPBRON**

Secretary A. A. U. Basket Ball Committee  
Editor Official Basket Ball Guide



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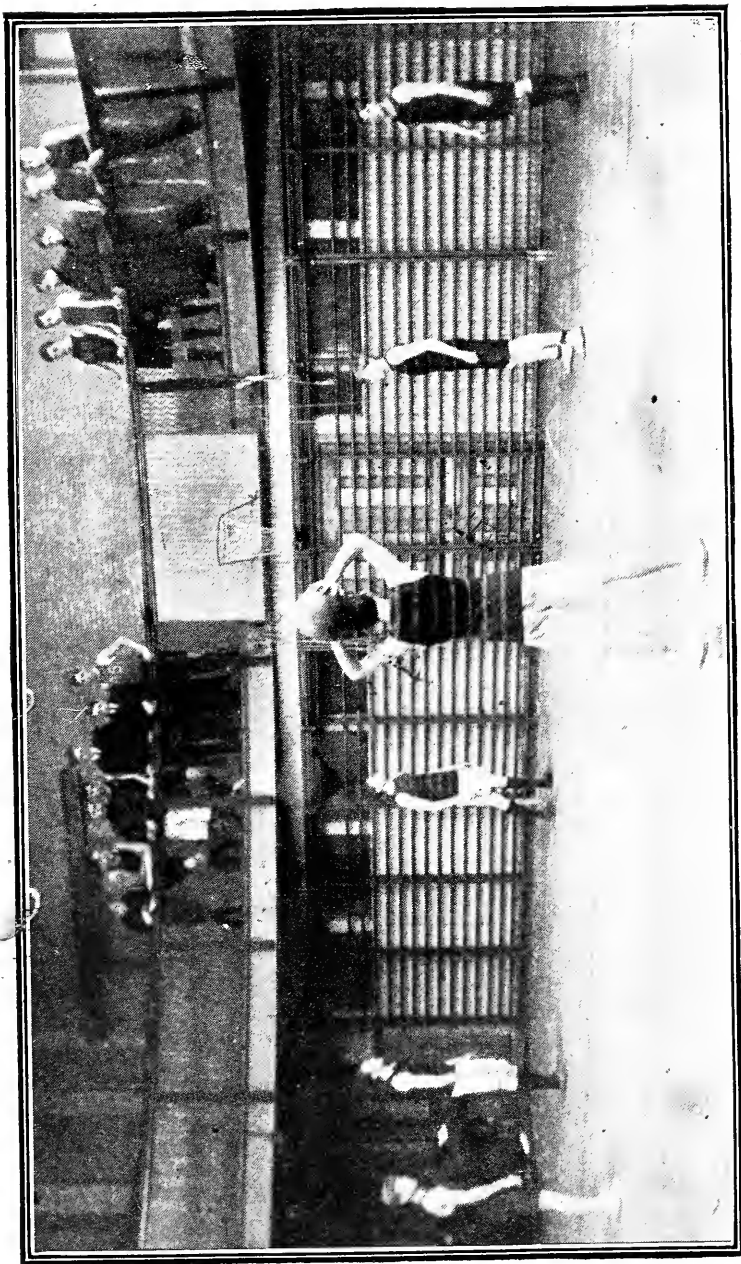
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Showing spectators six or more feet from basket in accordance with Rule III., section 5, of the Official Basketball Guide.

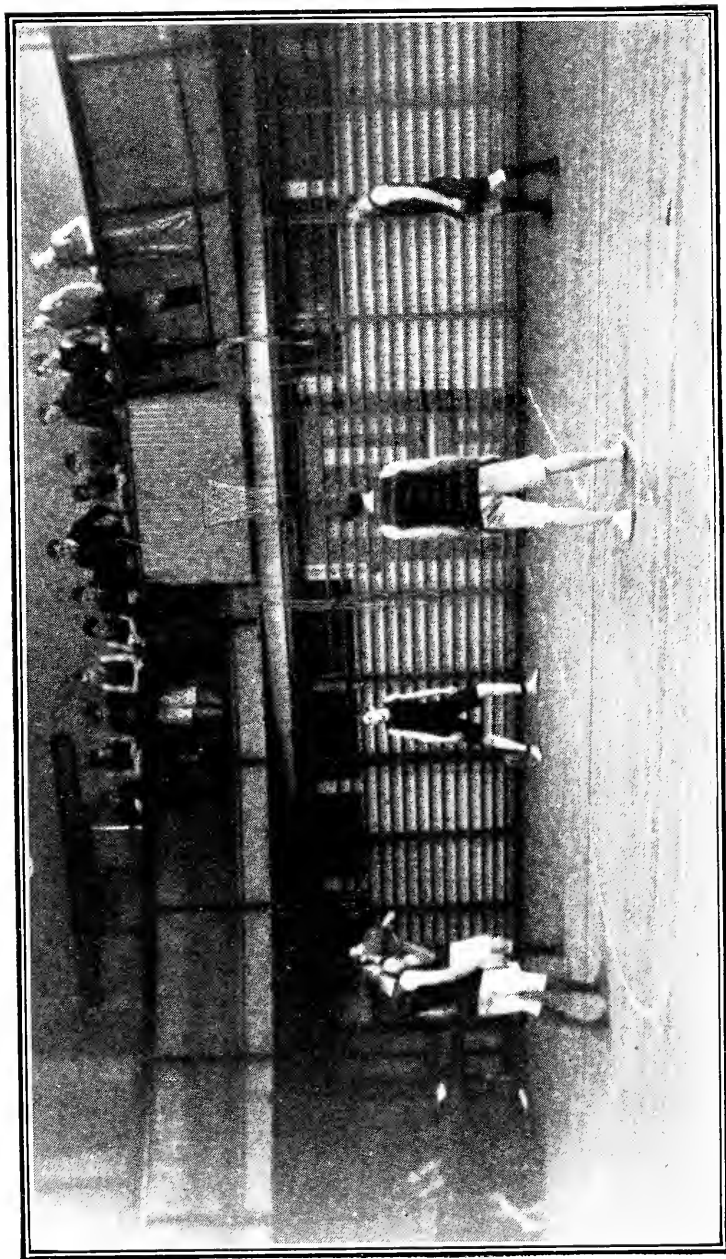
## BASKET BALL FOR BEGINNERS



BY LUTHER HALSEY GULICK, M.D.

The best way to learn the game is to see it played and then to play one's self. The following is offered to those who wish to play but who have no opportunity for observation.

Basket ball may be played on any level space; convenient size is 40 by 60 feet. The goals are two baskets 18 inches in diameter, fixed 10 feet from the ground or floor. The official ball is 31 inches in circumference; weighs between 18 or 20 ounces. Five players make a team. It is customary to play 20 minutes, rest 10, exchange goals, then play 20 more. The object of the game is to get the ball into your opponent's basket as many times as possible, and to prevent the other team from putting it into your goal. The ball is put in play by throwing it up in the centre of the field. When the ball goes out of bounds, it shall belong to the player indicated by the Referee. This player will then throw it into the field from where it went out. Opposing players may stand on the line and stop the throw if they can, but they cannot go out of bounds to get at him. It is not allowed to carry, kick or hold the ball, or to tackle, hold or push an opponent. These are Class A fouls. When a player strikes, or kicks, or shoulders, or is rough, or trips an opponent, it is a foul, and the player who resorts to this kind of play may on the first and shall on the second offence be excluded from the game. These are Class B fouls. When a foul has been made, the game is stopped. The opposing team then has a throw for the basket, the thrower standing 15 feet away. This thrower must not be interfered with. A goal made while in play counts two points; a goal made from a foul, one point. When there has been a tie the game goes right on until one side scores two points.



Showing spectators nearer than six feet to goal in violation of Rule III., section 5, in Official Basket Ball Guide.



Where each player helps the other instead of trying to make the goals alone, the best game is developed. This is team play. Teams rank more according to their ability to play a game **of this** character than by their capacity as individual players.

O  
BASKET

LEFT GUARD  
**LEFT FORWARD**

RIGHT GUARD  
**RIGHT FORWARD**

CENTRE  
**CENTRE**

LEFT FORWARD  
**LEFT GUARD**

RIGHT FORWARD  
**RIGHT GUARD**

BASKET  
O

DIAGRAM OF BASKET BALL FIELD, SHOWING POSITION OF BOTH TEAMS.  
ONE TEAM IS SHOWN BY HEAVY TYPE.

# DIAGRAM OF FIELD OF PLAY

CIRCLE WITH  
2 FT. RADIUS  
IN CENTER  
OF FIELD

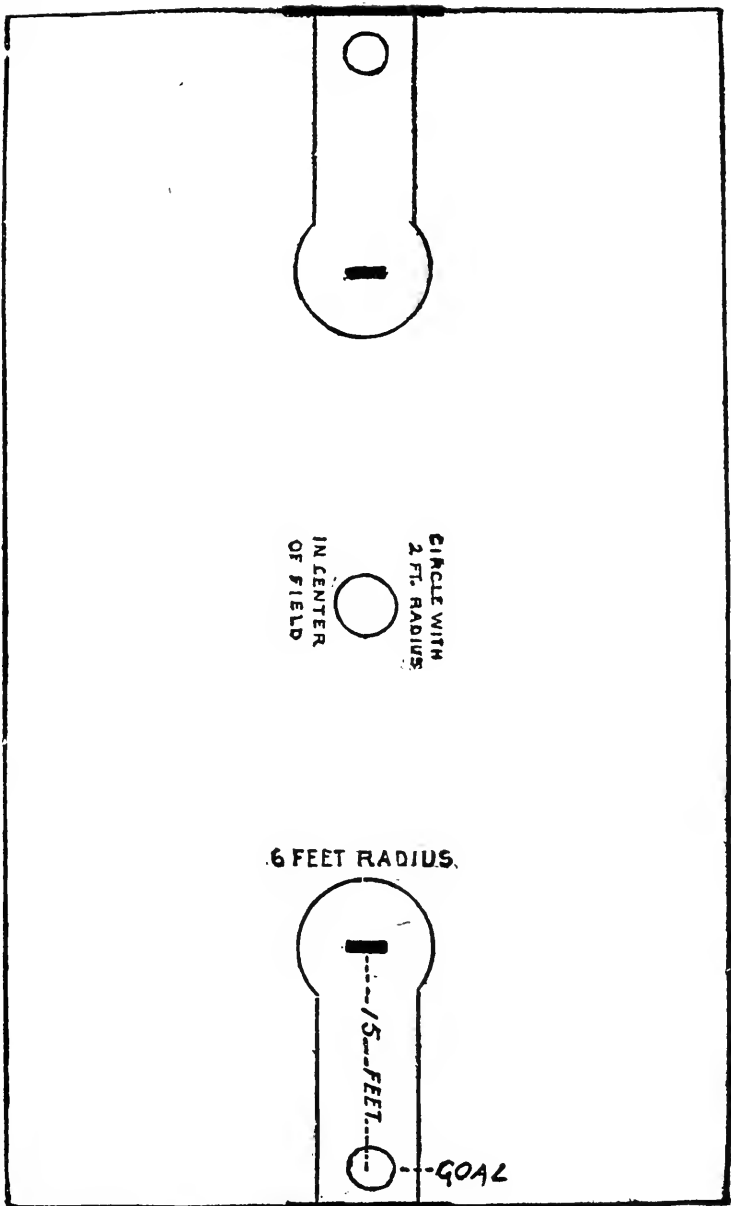
6 FEET RADIUS.

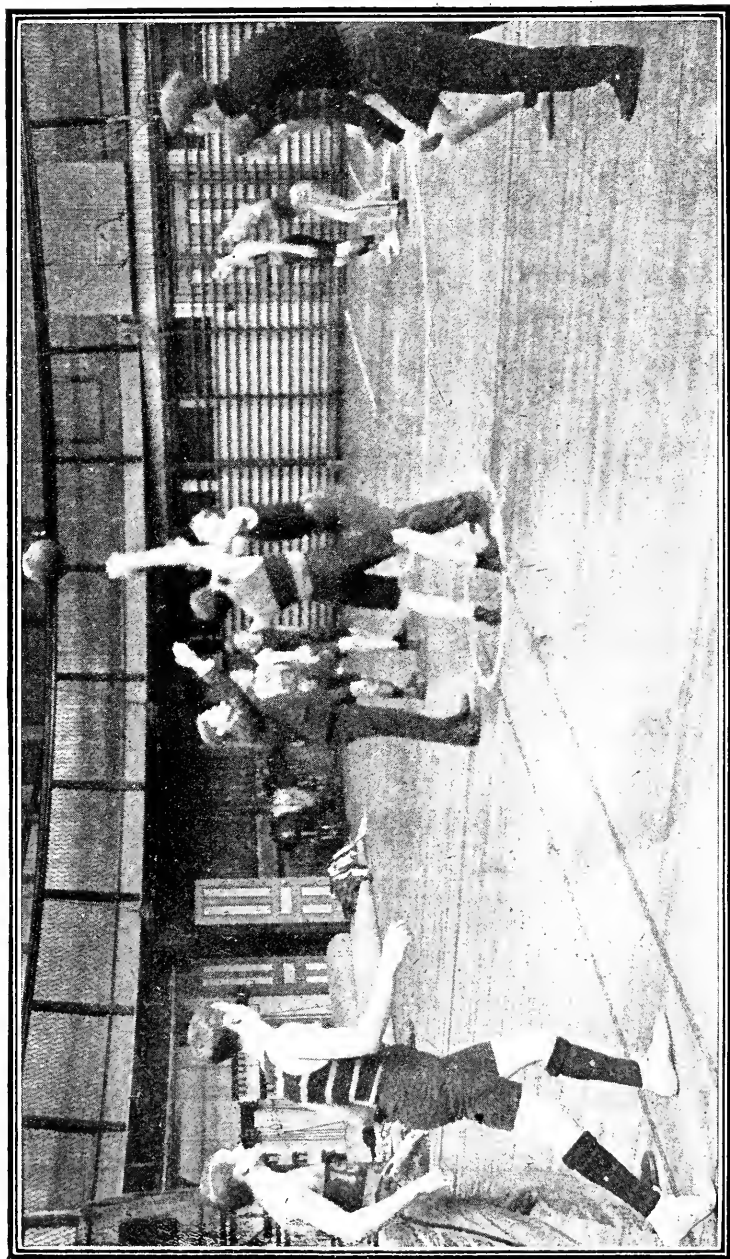
15 FEET

GOAL

SCREEN

AT LEAST 3 FEET FROM WALL





Referee putting the ball in play in the centre.

## THE GROUNDS

These are the gymnasium floor cleared of apparatus, though any building of this nature would suit. If there is a gallery or running track around the building the baskets may be hung up on this, one at each end, and the bounds marked out on the floor just beneath this gallery. The apparatus may be stored away behind this line and thus be out of the field of play. If there is no gallery, the baskets may be hung on the wall, one at each end. In an open field a couple of posts may be set up with baskets on top, and set at the most convenient distance. Out of doors, with plenty of room, the fields may be 150 feet long, the goal-lines running through the baskets perpendicular to the length of the field; the side boundaries 100 feet apart, the ball must be passed into the field when outside these lines. At a picnic the baskets may be hung on a couple of trees and the game carried on as usual.

The object of the game is to put the ball into your opponent's goal. This may be done by throwing the ball from any part of the grounds, with one or both hands under the conditions and rules described.

Name of Team Nonusuch

### FIRST HALF

NAMES	GOALS	FOULS
1 John Jones	X O ⊗	a1-a5-a4
2 Henry Smith	X	B.H.
3 Chas. Brown	X X X	
4 Paul Munson	X X	
5 A.P. Yost	X X X	a4-B6
	21	

### SECOND HALF

1 John Jones	⊗ X ⊗	a4
2 Henry Smith		
3 Chas Brown	O O	
4 Paul Munson	X	a3-B1
5 M.A. Karst	X	
	8	

Where Played American A.C. Date Dec. 31, '02

Referee V. Strick Umpire (1) A. Fair

(2) \_\_\_\_\_ Timekeeper E. Hymer

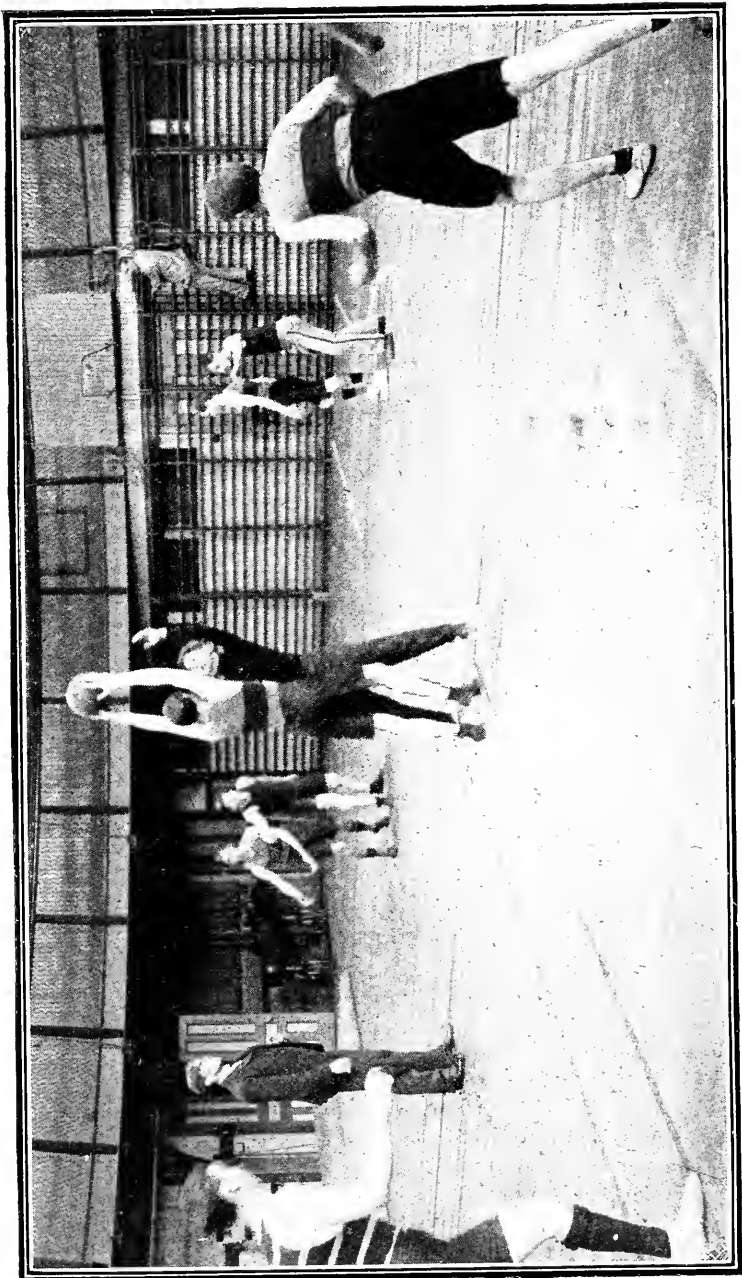
Score I.M. Partial Won by Nonusuch Score 29-10

## HOW TO SCORE BASKET BALL



BY LUTHER HALSEY GULICK, M.D.

The increased use of the score book last year resulted in the teams getting down to more scientific playing. Better records were kept, and the managers were able to size up their men more accurately. This score book is almost a necessity to the manager of a team who wishes to keep accurate record of all his players; who made the fouls, and what kind of fouls; who made the goals, and under what conditions were they made. A sample page for a single team is herewith given from the new edition of the score book. In the first column at the top of the page is found the names of the team and the players; in the second column, the goals that were made during the first half. In this column will be found three sets of marks: an X, which is a goal from the field; an O, which is an attempted goal from a free throw, but which was missed, and an X inside of an O, which means a goal thrown from a free throw. The X, of course, counts two points, the O nothing and the X inside an O, one point. At the bottom of the column is the total number of points made during that half. In the third column are the fouls. First, is A1. By referring to the rule book, under the head of the above title, we see that A1 is for addressing an officer. This foul, together with A5 and A4, was made by John Jones. Henry Smith made a Class B foul. In the second half the captain thought that Charles Brown would best made the free throws, but after two failures, he went back to John Jones, who scored two. A score kept in this way is of the greatest value, and without it a scientific estimate of the men is hardly possible.



Centre man catching the ball after the Referee has put it in play.

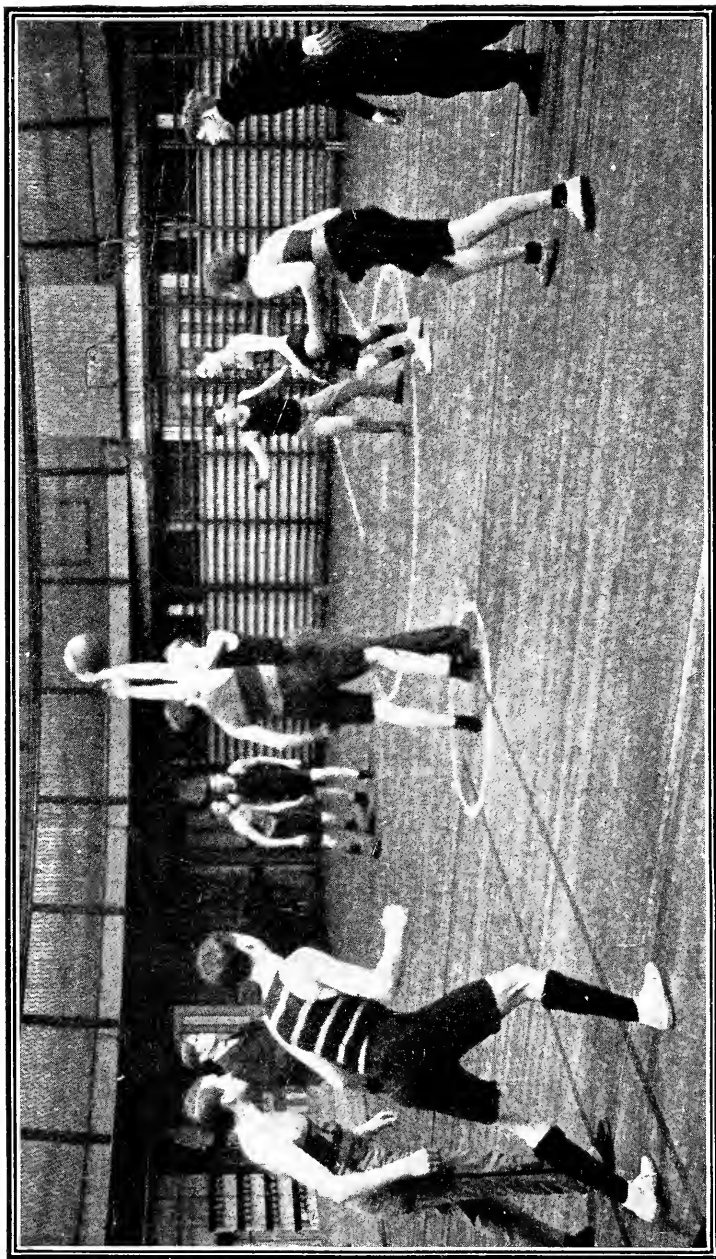


## REGISTRATION OF BASKET BALL PLAYERS



BY LUTHER HALSEY GULICK, M.D.

The Amateur Athletic Union and the Young Men's Christian Association Athletic League require that all basket ball players in games between different organizations shall be required to register with their respective organizations. This action was only taken after prolonged discussion and the widest counsel with those who have had experience in these matters. The game of basket ball is open to numerous abuses, and unless it is held with a strong hand, it will be a detriment to all lovers of good sport. That it has not been held with sufficient firmness in the past is shown by the fact that a number of teams from Young Men's Christian Associations and from military companies have left their respective organizations and have organized independently, some of them forming professional teams. It is comparatively easy to hire a hall, get up a basket ball game, and then pay for the hall from the gate receipts; so that any group of individuals may organize themselves into a basket ball club, play the game, and divide the proceeds among themselves. This kind of sport has ruined every branch of athletics to which it has come. When men commence to make money out of sport, it degenerates with most tremendous speed, so that those who love sport have come to set their faces like a flint against every tendency toward professionalism in athletics. It has in the past inevitably resulted in men of lower character going into the game, for, on the average, men of serious purposes in life do not care to go into that kind of thing. One objection to these independent basket ball clubs is that they are



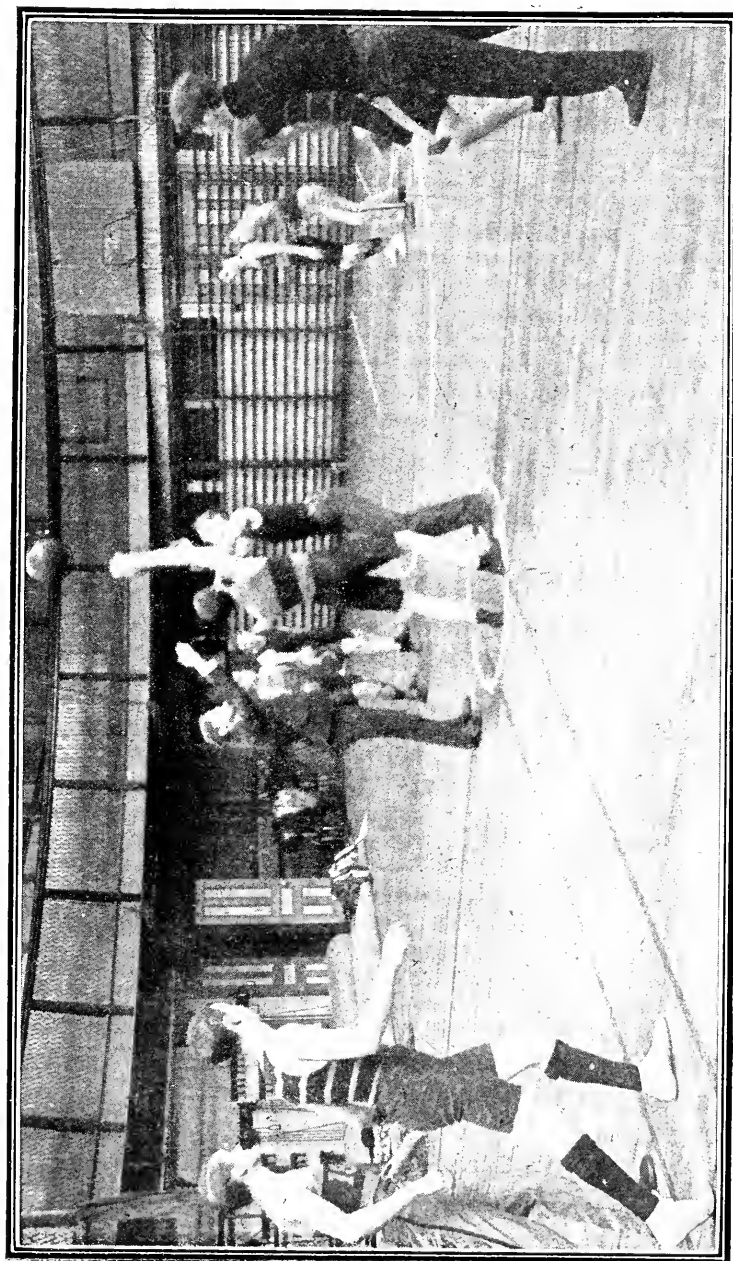
Centre player batting the ball.

in many cases irresponsible bodies. A number of instances like the following have occurred: One of these aggregations agrees to play a game. The game is thoroughly advertised, tickets sold and a good house secured. At the appointed time, the team fails to appear, and when they are asked about it later, say that they found they could not play that night for some reason or other, or that they had concluded to disband, or something of the kind. There is no redress. They are not organizations having stability. They are not amenable to anybody. Some of the clubs have adopted the following plan: They refuse to play any teams excepting those representing well-known organizations, having a regular place of their own for play and practice. This would certainly remedy the particular abuse to which we have referred.

Realizing the great danger that there was through professional basket ball, and through the entire absorption of individuals in the game, the Amateur Athletic Union and the Young Men's Christian Association are endeavoring to cope with the matter. The Young Men's Christian Association requires that men who are to play basket ball games outside of a single organization shall have to register with the Association Athletic League. A rather wide inquiry in regard to the effect, both moral and physical, upon men who play it exclusively has developed the fact that exclusive basket ball playing is eminently undesirable; that men ought in addition to take the regular classwork.

This registration rule, of course, does not apply to teams playing within a single organization. Thus, if an athletic club organizes several basket ball teams out of the members of its own club, and they form a basket ball league entirely within the club, the Amateur Athletic Union has nothing whatever to say about the matter. The Amateur Athletic Union has to do with affairs between different organizations.

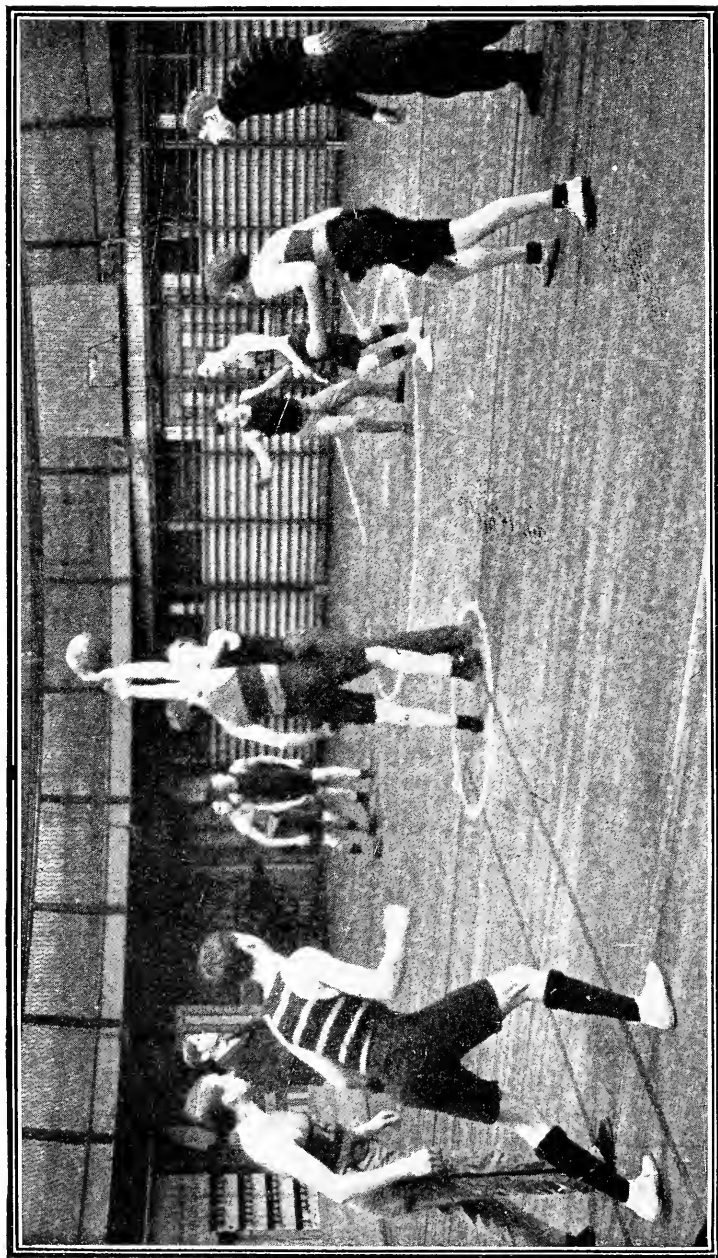
The Amateur Athletic Union endeavors to handle the professional tendency by requiring all basket ball players, in games between members of different organizations, to be registered.



Showing the ball coming down and both centre men about to jump for it.

This means that they shall be rigidly held to the amateur rule, and puts them upon the same plane with other athletes.

It can hardly fail of being true that there are those who regard this action as an unwise interference with the legitimate progress of the sport. All well-disposed persons, however, will sympathize with both of these organizations in their endeavor to keep the sport from degenerating, and from being controlled by those who will inevitably make of the game that which will be injurious and unsportsmanlike. Experience has proven that this plan minimizes the evils that are liable to creep into any popular game. There is no game that offers the opportunity for rough playing, and which is more exciting to the temper, than is basket ball. It is played on a wooden floor, and often close to walls, which makes falls harder than when upon the dirt, as in foot ball. It can only be by united action on the part of those who desire to hold a high standard in sport that the game can be kept from degenerating.



Showing good distribution of players when the ball is thrown up in centre.

## HOW TO SANCTION YOUR GAMES AND REGISTER YOUR PLAYERS



BY GEORGE T. HEEBRON.

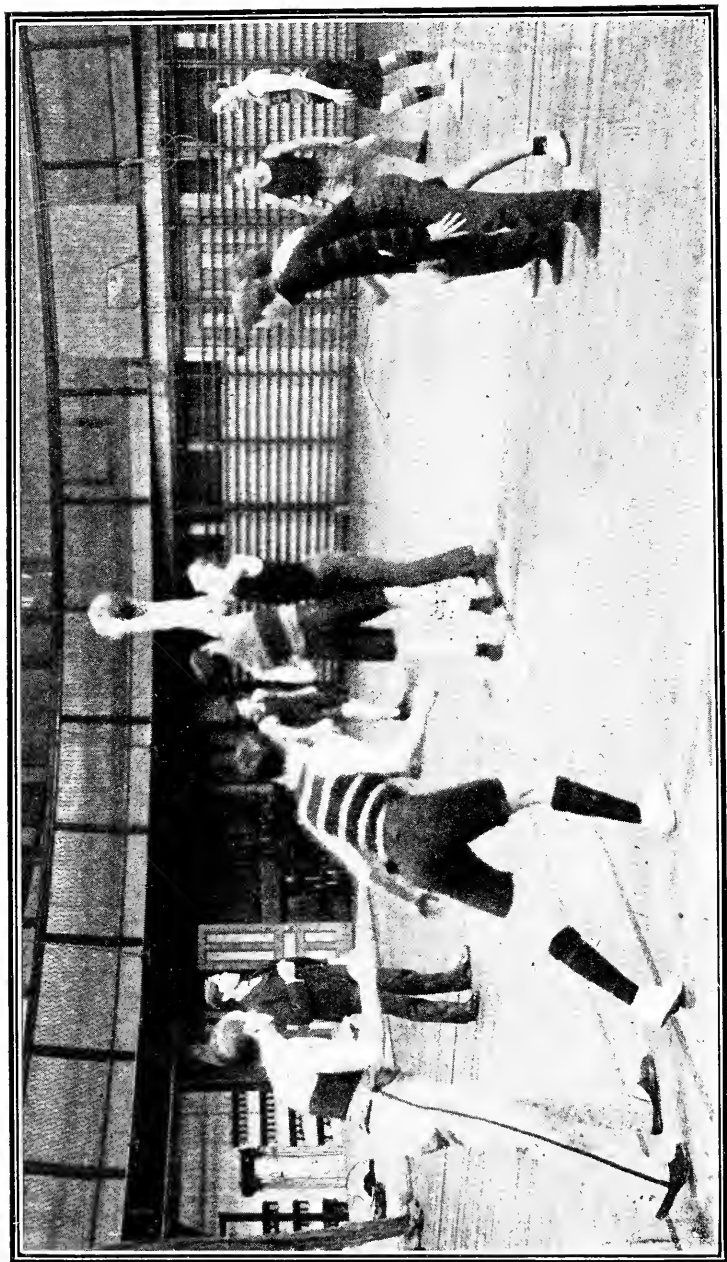
The rule requiring athletic games to be sanctioned has been in operation for many years and has been the means of putting athletics on a permanent law and order basis.

When basket ball assumed a dignified place in our athletic scheme it was added to the list of sports for which sanction was required.

The sanctioning of a basket ball game is of value, especially in two respects: (1) To protect the teams that stand for law and order against the fly-by-night teams that are connected with no reputable organization nor feel any responsibility for the future of the game.

A case in point: Team A arranges a game two weeks ahead with team B at the latter's court; team B secures a sanction and has a large advance sale of tickets on the day of the game; team A wires they cannot come (as has often been done); team B is in an embarrassing position and must disappoint the spectators who are present. One of two courses is open—either return the money or put on an inferior local team; in either case the spectators are disappointed, and team B gets a reputation for not living up to its public announcements. In a case like this the Amateur Athletic Union would refuse to grant further sanction to team A for a period deemed sufficient for punishment for violating its contract with team B.

(2) Teams C and D have scheduled two games with other teams for the same night in two halls in the same locality. If both are held, one of the games will suffer financial loss; this the Amateur Athletic Union knows by past experience, and only grants a sanction to the one applying first and



Both centre men batting the ball simultaneously.



grants a sanction to the other team for another date which safeguards the financial returns of both teams.

Reputable teams get sanctions for their games just as all athletic clubs do for their track and field meets, and thereby assist in keeping sports clean and orderly.

The registration scheme for the individual has entirely eliminated the pothunter who travels from club to club, entering under various assumed names. It safeguards a team's makeup so that stronger teams cannot steal their good men as soon as they are developed. The price, 25 cents a year for each player, is a very small amount when it is considered how well the honest team is protected against athletic sharks.

The scheme is not new, but has proven a success as indicated by the 1,400 Y.M.C.A. and over 7,000 A.A.U. men registered in the United States.

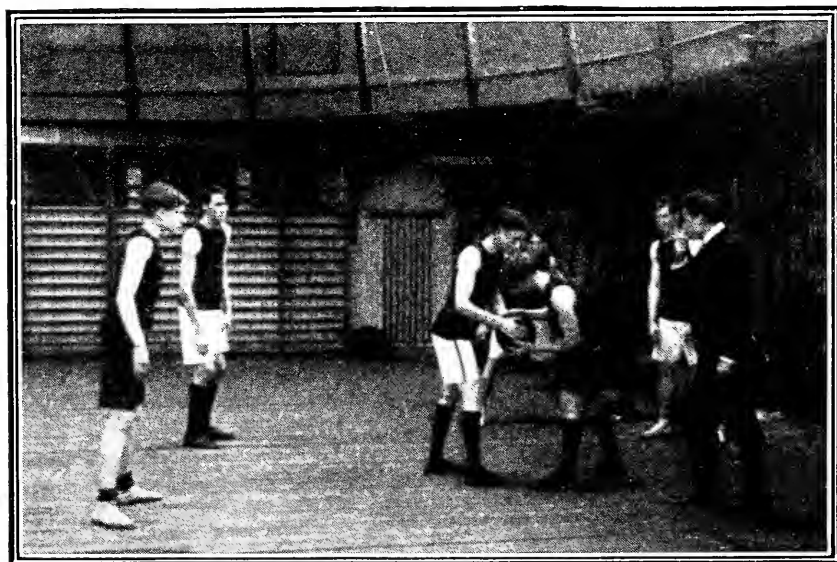
The registration committees of the Amateur Athletic Union are located in each section of the United States, and if you will write Mr. Jas. E. Sullivan, 16 and 18 Park Place, New York City, Secretary-Treasurer of the Amateur Athletic Union, or George T. Hepbron, Secretary of the Amateur Athletic Union Basket Ball Committee, 3 W. 29th Street, New York City, they will give you the name and address of the representative in your locality to whom you may apply for registration blanks and information.

Applications for sanction may be made to the same individuals, and costs \$2.00 a year for each team.

Either of the above-named gentlemen will be pleased to co-operate with you in any way to keep the game clean and free from rowdyism.



The outside player looks to the right and feints to throw it in that direction, but quickly passes it in to the left.



Held Ball—Referee calls time and throws ball up where it is held between the two players who had possession of the ball.

## SOME POINTS OF THE GAME

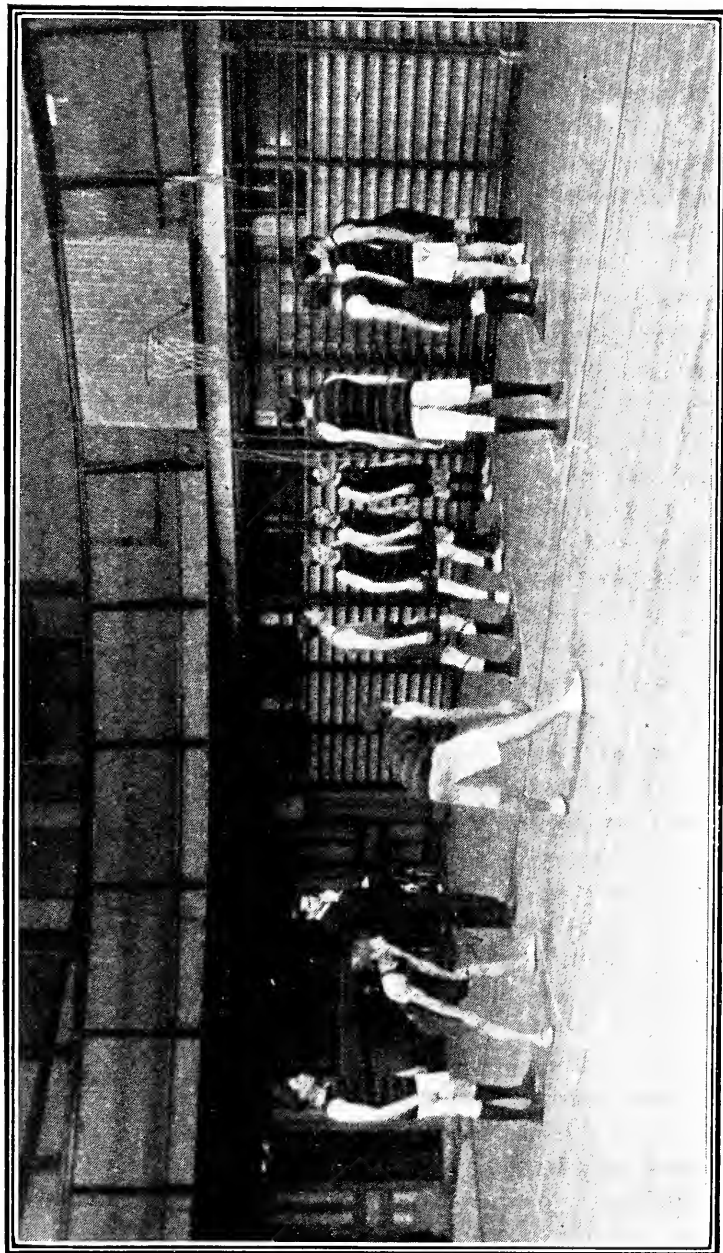


To play a game, divide the men into two teams, hang a basket at each end of the room, let each side defend one of these goals while endeavoring to put the ball into that of their opponents'. This is done by placing the men as in diagram on page 10, passing the ball from one to another and trying to throw it into the goal.

The object of a player should be whenever his own side has possession of the ball to gain an uncovered position so that his own side may pass it to him. On the other hand, his opponent should see that he does not gain this favorable position. It is at this point that head work and the ability to do a certain thing without letting his opponent know what he is about to do are valuable. Individual play does not count for much, for very often a man has to sacrifice his own *chance* of making a goal that he may be *sure* of it from the hands of another. In the gymnasium, the ball as a rule should not be passed swiftly in a straight line, but should be tossed lightly so that the one who receives it shall lose no time in passing it to another or throwing it for a goal. But on the field, where long passes may be made, the straight throw may be used to advantage.

Of course, any number of men can play when sport is the object and very often the more men the more fun, but when a match game is to be played it is necessary to have a definite number of men on the team. Five men constitute a team for match games.

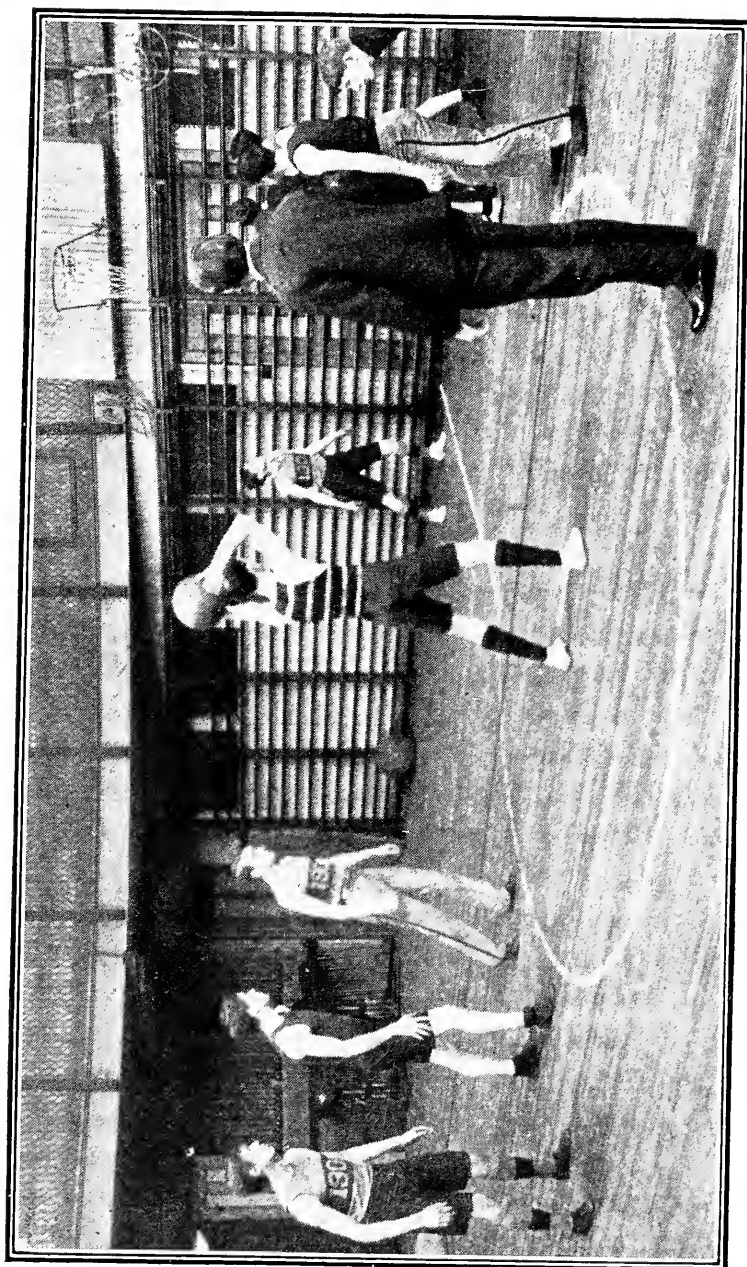
These are arranged in this order from the goal which they are defending. A man does not need to keep strictly to his place, but should be always in his own part of the grounds. It should be the duty of the two forwards to get a favorable position



Free throw from foul line—showing the throw from between legs.

to throw for goal and to assist one another in this matter. These ought to be men who are not afraid to sacrifice their own glory for the good of the team, while, at the same time, they should be cool headed enough to use every opportunity of trying for goal. The centre man is placed so that he may assist the forwards or help the guards, and as the strain comes on each of these, he should be able to make a good shot for goal and quick enough to stop a good play of an opponent. His aim should be constantly to feed the ball forward to his own men and keep them in a position to make goals. The duty of the guards is principally to prevent the opponents throwing for goal, by preventing them from getting the ball, and by taking it from them when they are preparing to throw. In this, if anywhere, prevention is better than cure, for when a ball is thrown up so as to alight in the basket there is no guard who can keep it from entering. The guard's duty is to get the ball away from the vicinity of his goal and to stop as many plays as possible, thus he will bat the ball more frequently than is advisable in the case of the other players.

When fun and recreation are desired, as many men as please may play, and they may be distributed according to the captain's own idea, but the best plan seems to be to divide the men into three classes, forwards occupying the third of the ground nearest the opponents' goal; centre men occupying the middle third; guards occupying the defensive third of the ground. This is not a hard and fast division, but merely to let the men know for what part of the field they are responsible. The men ought to be taught to fill every position, as it is intended to be in all-around game, and though each position entails plenty of hard work, yet each man is better if he is able to take any part.



Overhead throw for goal from foul line.

## ETHICS OF BASKET BALL



BY LUTHER HALSEY GULICK, M.D.

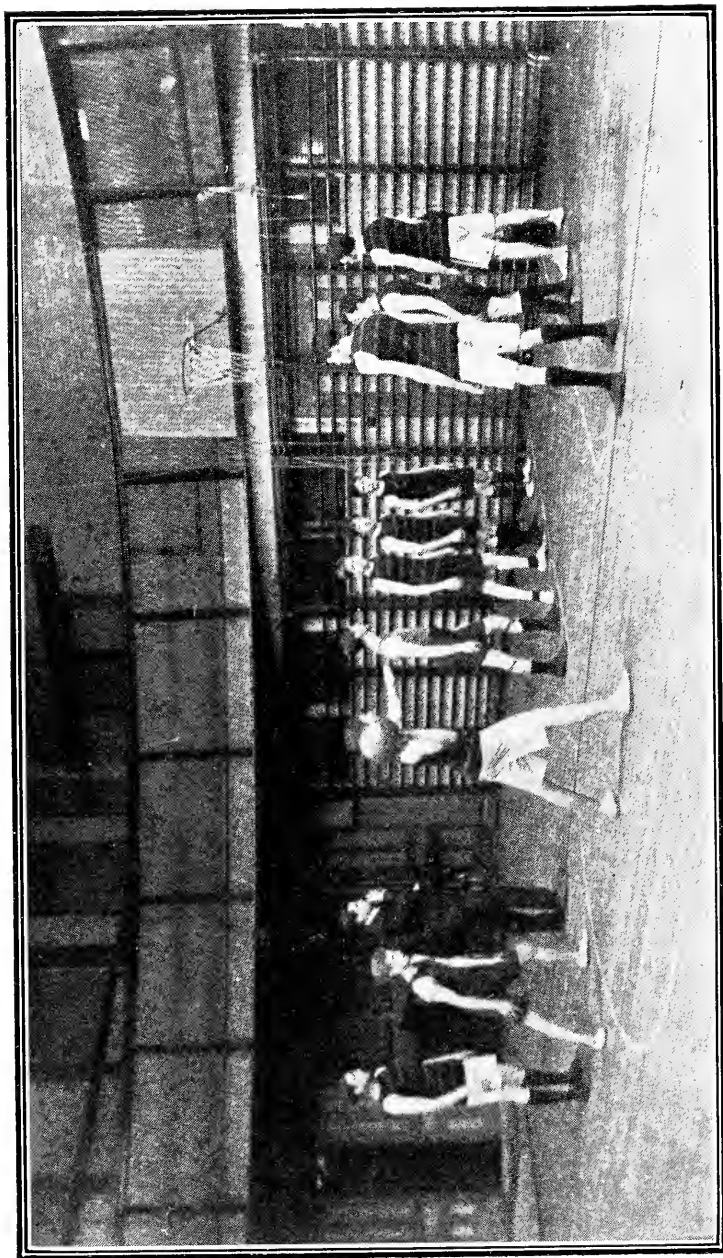
The greatest danger in connection with athletic sports is not that the men will get hurt, but that in the excitement of the game and on account of the great desire for victory, they will do things which are ungentlemanly, discourteous, which they will be ashamed of in their calmer moments.

This matter was discussed by a number of the leading teachers of gymnastics in this country, and it was recommended that some suggestions be made in regard to the true sporting spirit.

The experience of the past years of various basket ball teams seems to point conclusively: That there are those who deliberately violate the rules, who do ungentlemanly things on the field. The great difficulty is possibly a false conception in regard to the objects of the game. The object of all true amateurs is good sport, and not the mere winning of victory. They only wish to win victories when it can be done by superior playing and not by pure accidents, or by the weakness of the opposing team, or by unfairness, or upon a technicality. The prime object is good sport, and sport which violates the principles of courtesy and good character is never good sport. Rules are mutual agreement which should no more be evaded or deliberately broken than one would deliberately break any other agreement for the sake of gain. It should be the object of every player on the team to see that the spirit and not merely the letter of the rules is rigidly enforced. The players are not enemies; it is not war; it is sport.

The following suggestions were made by this convention of teachers of gymnastics in regard to the securing of these objects:

*First*, That there be no protesting the results of games. We



One hand overthrow for goal from foul line.



are well aware that individual wrongs will thus remain unrighted, but we believe that the sum total of gain will be far greater than the loss.

*Second,* That kicking on the floor at officers and players be absolutely stopped.

*Third.* That exchange games be cultivated between organizations, not to the exclusion of championship games, but making the championship a minor instead of a major matter.

*Fourth,* That there be just as rigid an adherence as possible to the use of non-partisan officials.

*Fifth,* That when one team is abused or cheated with great unfairness by another team, they do not protest nor use similar means, nor kick, nor complain about it to the other teams, but if games are proposed again between the two, that they refuse to play.

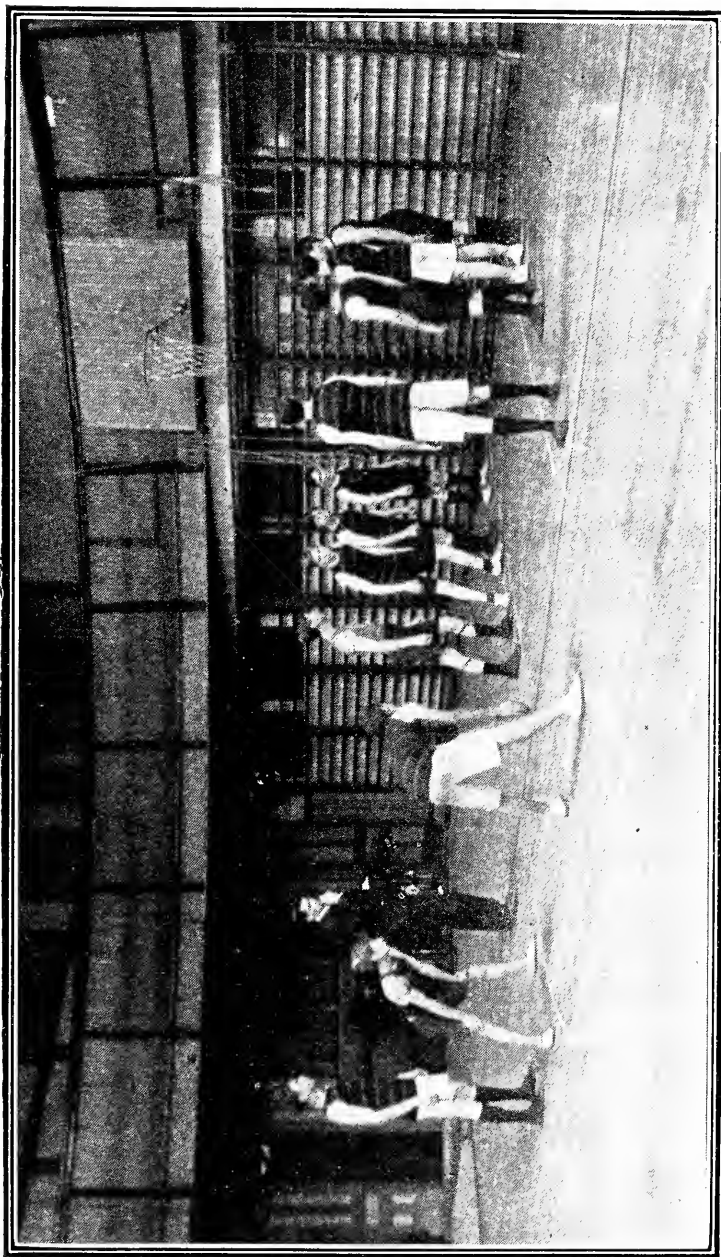
*Sixth,* That the captains and managers of all teams should be men who would fairly represent the spirit of the whole organization.

*Seventh,* That every opportunity be taken to cultivate the feelings of entertainers to teams who come to play; that they be treated as guests; that their good plays and not their poor ones be cheered; that there be little suppers arranged to make them feel at home, and in every way that they be treated as the honored guests of the organization, instead of the antagonists; that victory be considered second, and that good sport and good fellowship be considered first.

We believe this to be attainable and pledge ourselves to work toward its attainment.

The following quotation from a paper on the Athletic League of the Young Men's Christian Associations covers the ground which has been referred to:

"So far I have been dealing with matters comparatively external. Behind much that has been said is the necessity that a new standard of character be brought into the athletics of our associations and of our land. I mean a Christian character. I believe that in many if not most cases, athletic sports are con-



Line-up of players while a free throw from foul line is being made—all players six or more feet from thrower, in accordance with Rule XI., section 14.

ducted in such a way as to exert a directly unwholesome influence on the contestants.

"The thirst for victory habitually tempts men to ungentlemanly, unfair, or even dishonorable acts; to take advantage of the rules; to violate their spirit while working in accord with the letter; to violate their letter on the sly; to violate the rules if willing to pay the penalty when caught. That these things are wrong is axiomatic, and yet the sporting consciousness has become so depraved that their legitimacy is rarely questioned. If men should attempt to take unfair advantage of one another in other lines as they do in sport they would at once forfeit their standing as gentlemen. In foot ball it seems to be a matter of correct ethics that a man may violate the rules, provided he does it in such a way as not to be ejected from the field. It is the practice of all the best foot ball teams in the country to "hold" in the line. This can rarely be seen by the officials, and the fact that it is against the rules seems to have no deterrent effect.

"I am not an alarmist. I have championed and expect to heartily champion such manly games as foot ball; and yet the use of unfair play as shown by the black eyes and bloody noses which are often, if not usually, the result of deliberate intention, indicate strongly the truth of which I have been speaking—that an undue desire for victory has resulted in dishonorable conduct.

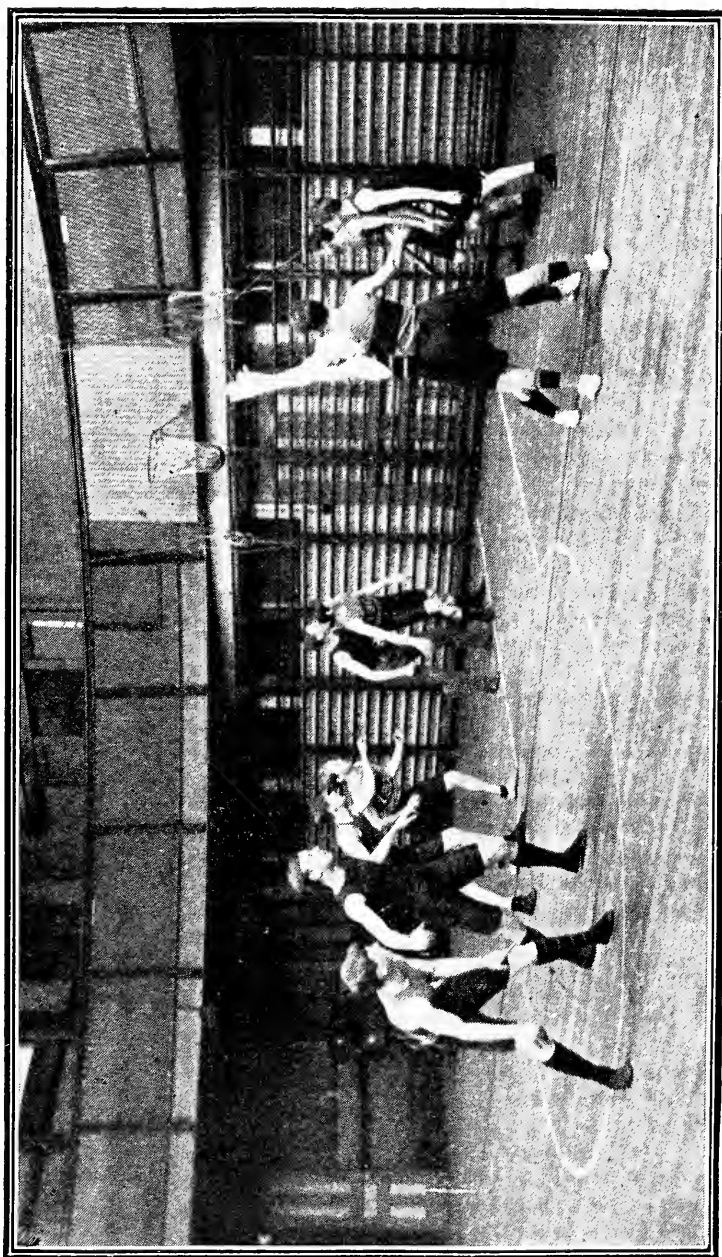
"I remember with great clearness the disgust with which I ever afterward regarded a young lady of my acquaintance who, in an old-fashioned croquet game, covered her croquet ball with her skirt and then moved it six or eight inches, thus getting it into position for the wicket. It seemed to me like a violation of moral law—as if no person with character could do anything of the kind. And yet we see exactly corresponding practices on athletic fields in every contest, without any consciousness of their being either wrong or injurious to the game. The sentiment of our best college and athletic clubs tolerates deliberate violation of the rules in the interest of victory. The



An overhead pass from the player on the left to an overhead catch by the player who now has the ball and will make overhead throw for goal.

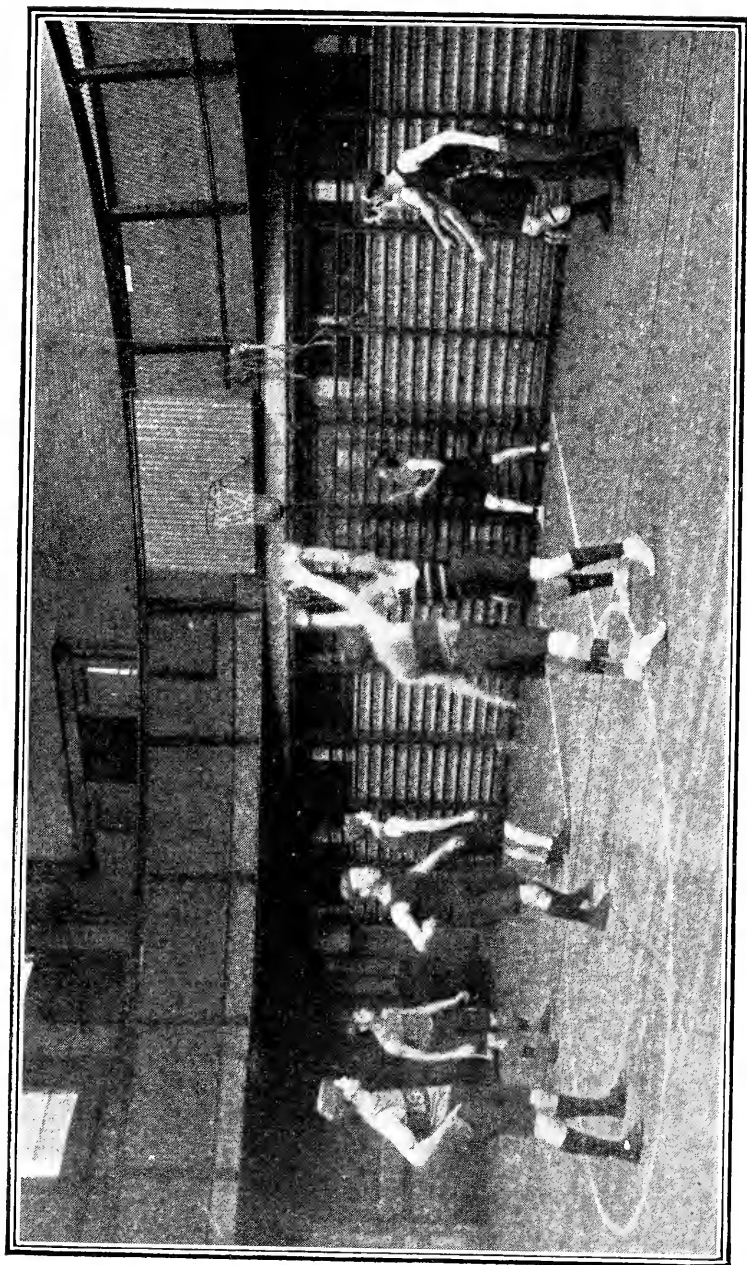
experience of some of our associations in basket ball during the past winter is in the same direction; men placing chief value on victory; holding, striking, running into men, with such vigor and frequency that the inference is unavoidable that it was at least partly deliberate. This has resulted in personal antagonism, anger, deceit, recrimination and hatred. Once create the sentiment that it is far more disgraceful to do a dishonorable or ungentlemanly deed on the field than to suffer defeat, and it would foster the interests of true sport as much as the present tendencies in the opposite direction are injuring them. Athletic traditions formed now will probably enter into and have a lasting effect upon the whole future of physical work. If there can be maintained this spirit of rigid loyalty to honesty and courtesy and gentlemanliness, victory being made secondary, we believe that the helpful influence of those interested will be immense, both inside and outside of the organizations they represent. But this result can be reached only by the deliberate determination on the part of all interested to place these qualities first; to be willing to lose games unless they can be won honestly, with good feeling and with regard for the courtesies; to be willing to let others cheat and win falsely rather than to resort to similar means; to abide by and uphold the decisions of the proper officials even when they seem to be unfair; to regard rules not as imposed by some outside body contrary to the wish of the contestants, and to be evaded and taken advantage of at every opportunity, but as a mutual agreement of which one would no sooner think of taking advantage, simply because it were possible to do so undetected, than he would of lying under other circumstances for personal advantage. This ideal is not an unattainable one. There should and there can be such a sentiment created by the leaders in every organization, that a man who would use dishonorable or ungentlemanly means to win victory for his organization would not again be tolerated as a representative.

"Can the basket ball teams put character above victory? If they can, they will find in sport a splendid auxiliary to the



The underhand throw with the right hand while feinting with the left.

building of character. If they cannot, they will find in sport one of the most competent means for the introduction of the elements that tend to the breaking down of character. The first purpose of registration, then, is to unite those organizations which realize the need of a new spirit in athletics, so they can work definitely and tangibly toward the achievement of this result."



One hand overthrow for goal.



## QUALITIES DEMANDED IN A SUCCESSFUL TEAM



BY GEORGE T. HEPBRON.

1. *Coolness*.—The individual members of the team must never get rattled and play wild, perhaps no quality is more essential than this one.

2. *Quickness*.—Basket ball is a fast game, the slow man is "not in it" at all. The man who can work fast will, other things being equal, make the best man every time.

3. *Accuracy*.—Wild throwing is one of the most frequent causes of defeat. Good throwing is not merely necessary in throwing for goal but in all the passing that is done. A wild or careless throw will give the ball to the opponents almost every time. Accuracy in throwing for goal is an absolute necessity.

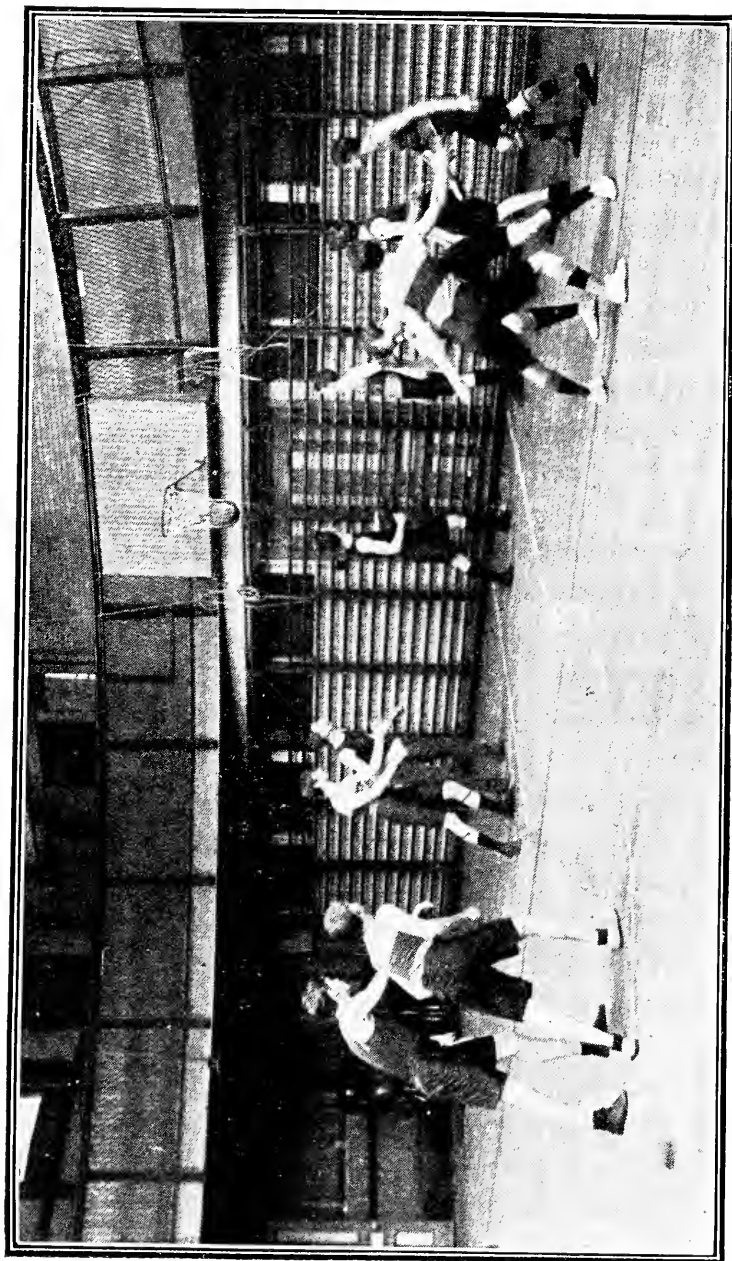
I have seen a team by fine play get the ball and work it up steadily to the forwards again and again, but the forwards were poor throwers and could not make the goal. On the other side while the ball got to the forwards but seldom, still almost every time that it did, a goal was the result. The result of this was that the inferior team won. There was one weak spot and the game was lost on account of it.

4. *Good Judgment* is a necessity. The plays must vary constantly. The tactics that will be the most effective against one team will fail against another.

Nothing but careful watching and good judgment will enable the team to know what plays will succeed best.

5. *Endurance*.—Few games demand more endurance than basket ball. The running, jumping, turning, twisting, are incessant. Good heart and lungs are involved.

6. *Self-Control*.—Bad temper will often lose games. The play is so fast, the interest so intense that it is all but inevitable



One hand throw for goal back of guard.

that some fouls shall be made, and it will often appear that these are intentional when they are not. Then, too, the officers cannot see everything, and the tendency will be to think that they are wilfully shutting their eyes.' The only way to do is to play fair yourself *under all conditions*, even if you think that your opponents are not doing so, and furthermore always take it for granted that the officers are doing their full duty. Stand up for them. Their positions are hard ones to fill. It is impossible to please every one. The whole success of the game depends on the efficiency of the officers, and this depends usually on the support that is given them.



Showing player holding ball against the body ; a violation of Rule XI., section 19.



The correct way to hold the ball—with the hands only—in accordance with Rule XI., section 19.

## CHARACTER IN BASKET BALL



BY REV. NEWTON BLACK,  
New England Association A. A. U.

There is nothing connected with the life of a boy or youth which reveals his character so much as the sports in which he engages. The teacher may meet him constantly in the class room, the father and mother may study him in the home, but if they have not watched him on the playground, and often, too, engaged in active, earnest and competitive sport, have not seen him as a member of some team opposed to another team of boys, they have failed to see one of the best revealers of character. All the nobleness, the generosity, the truthfulness or fairness of character on the one hand, and on the other the viciousness, the meanness, the trickery, the lack of control, the dishonesty, are shown forth. Individual competition will not show this. It requires the team play, the acting of the boy in concert with others against another team of boys. The lad may desire to make a good impression upon an older person whom he knows is looking on and for a while control himself, but sooner or later he reveals his character. Personally I meet boys and young men in all variety of ways, but there has been nothing which has brought forth the true character as the games they play. This being so, it means that games should have a great influence in the developing of character and that they should be directed and controlled.

They are as valuable, and even more so, as developers of character as they are as developers of muscle. A noble, generous character should be and can be the result of engaging in friendly contests of skill free from money consideration. Too often the opposite is the result. The man who can play through a hard active game as one of a team without losing his temper, without taking unfair advantage of an opponent, without thought of him-



Showing the bottom of the basket closed and the ball in the basket—this is a goal in accordance with Rule XI., section 1, of the Official Basket Ball Guide.

self and only of his team's success, can take his defeat good-naturedly, has learned that self-control by the training received through his boyhood and youth while engaged in play, and the characteristics he shows there will be true of him in all the duties and pleasures of life. The man who exhibits the opposite character has failed in boyhood and youth to grasp the great training of sports. A true sport is a true gentleman.

While this is true of all games, it is especially true of basket ball. Few other games can give such thorough discipline of self-control. Few are so beneficial to the boy, when properly played, and few so disastrous to character when allowed to run wild, without regard to rules, because of the lack of control and direction. In no game, not even foot ball, is there so much chance for underhand, dirty work, if the player is not watched and taught fairness, generosity and regard for rules. In no other is self-control more necessary, for the player is constantly brought in contact with his opponent, and this personal nearness can become most provoking and trying to evenness of temper, and all this is increased by the rapidity and intensity of the play if the game is played with the proper spirit. Some would say, better let the game alone, then; put it out of our gymnasium; forbid the boys and young men to play it. That policy has been tried and most always with disastrous results. The game is too fascinating to be given up, requires only five men to compose a team, and can be played in almost any hall of reasonable size with very little cost of equipment, and so numerous uncontrolled teams have sprung up in all parts of the country, who often play without regard to rules and are largely responsible for the so-called "rough house" work, and the players of whom are undermining their characters. Rather, I should say, keep the game and teach the boys to play it, for it is a noble one and I know of no better developer of that element of character—self-control. Many a boy has learned more about keeping his temper from playing basket ball than even he could be taught from talk or sermons or reading. Keep and use it, but make the boy play it as it is intended to be played. Insist

that he play it hard and according to rule. That he take hard knocks and slaps occasionally without imagining that his opponent is doing it purposely; it is the fighter who is always accusing another of abusing him. That he accept a defeat without grumbling, except at himself for not playing better. That he keep his tongue quiet and play ball, and not talk. That he win by fair and skillful playing and not by fouls. And in connection with this point, it has seemed to me that the greatest mistake ever made in amateur basket ball was the change in the scoring, whereby a field goal counted three instead of two, and a foul throw one point. It was an increased temptation for rough and unfair playing. Many a player deliberately fouled another about to cage the ball, because, as often openly acknowledged, he preferred to have one scored against him instead of three. It is true that the temptation existed under the old rule, but not to such a great degree; the goals from fouls much more quickly evened up the score. Last winter many games were lost by skillful teams to poor ones because of this scoring. I believe a large number who have the best interest of the game at heart are glad to have the old scoring restored. Also insist that the team plays with respectable opponents and cut the rowdies out. In this registration is of the greatest help.

All this shows that the game should be directed and controlled. Boys and young men, if left to themselves, will allow the game to run away with them. Most games of all kinds without oversight are squabbles whether men or boys are the players. Two influences are always about, one debasing and the other elevating, and they have to be pointed out and the latter taught. It is better to lose as a gentleman than win as a rowdy; better lose than be dishonest. A hard lesson for boys to learn, but once learned, a principle which will be carried into all other things of life. When it is learned we will hear less of "ringers" on school teams and boys and men paid to attend school in order to win school victories; of low and petty methods in order to attain victory. We may talk of purifying college sport and pass special legislation to correct the abuses, but not much will be



accomplished until the abuses are attacked and corrected in the high and preparatory schools. If in order to have scholars in the college there must be students in the school below, so in order to have honesty in college sport the principle must be inculcated in the school. We can talk of undergraduate control of athletics and the nonsense of the faculty, matured and wise men, interfering in such matters, but until the character of many of the men who enter the higher institutions of learning is raised in regard to athletics undergraduate control is going to be a failure. Somehow the dishonest athlete has a strong following so long as he wins victories for his college. The thing starts in the preparatory school, and the man is not changed because he enters college, and it leads to all kind of abuses. If it is necessary to have laws to prevent men from stealing in other things, it is necessary to have them to prevent dishonesty in sport. The young man needs a guiding hand above him. He needs wiser and more experienced heads than his own to help legislate for him. College basket ball especially was in a bad state until closer oversight was given to the game. So-called class teams would start from many of the colleges and use the institution's name in order to obtain games at a large guarantee and for their own benefit. The same men would play on freshmen, sophomore and junior teams. Assumed names have been known to be used and methods of play employed which have disgraced the college's name. These men did not suddenly become so, they learned these things as boys, in the lower schools; athletics had no proper oversight. They had been taught to win in any way, never mind if a good player does not belong to the school so long as it is not known and he helps win games, and thus dishonesty is born and developed and every pupil in the school who knows of the condition is a party to it unless he protests against the same.

It is said, what a stir is made now about the little matter of boys' play. Let them alone in their sports. But it is not a matter of athletics; it is a matter of educating boys in honesty

and truthfulness. He has to be true to himself and to all others in connection to himself.

“To thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man.”

## POINTS ON TRAINING A TEAM



By EUGENE BARTLETT, Fond du Lac, Wis.

Successful training of a first-class basket ball team demands qualities which are common to all successful training—thought, judgment, confidence in self and men, and last, but not least, perseverance, that indomitable stick-to-it-ive-ness on part of both trainer and men which makes a team feel that there is a reason for confidence in it, and, feeling this, it is endowed with a new determination. This determination, a purely American trait which contrasts so strongly with the mental side of competition as shown by foreign athletes, has plucked many a victory from seeming defeat.

Members of a team, its manager and trainer, should be congenial. Nothing fosters pure team work so much as friendship among the men. It must be immaterial who scores the points—and it is hard to give one you don't like a chance to score—so amiability should be considered. The men must have perfect confidence in their captain and trainer.

Condition is, of course, a prime essential, but as track conditions differ from foot ball conditions, so do basket ball conditions differ from both. A team that is working toward one big game can, of course, be worked to a fine edge for that contest. A team on edge, though, can play but few games without going stale. A team, all of whose games are "big," that has a long, hard schedule before it, has need to use every precaution against staleness, which is so apt to happen on account of the length of the season. The men must be kept near the edge for a length of time, and here is where a trainer must use thought and judgment lest his men get too fine. Every man has different characteristics, and these must be as an open book to the successful trainer,

Keeping good hours must be one of the virtues of a team that is successful on the floor. As for dieting, if the men have any pride in themselves and in the team they will see to this without dictation. If they have not this pride in themselves and in the team they will never be able to play high-grade ball.

It should be remembered that after a game a man likes to know that his game has been appreciated. If you believe that a man lost points, or even the game, don't rush to him the instant the whistle blows and tell him of it. If he is capable enough to make a place for himself on a first-class team, he probably knows about it as well as you do, and he feels it much more keenly. Players should never accuse each other openly or otherwise of faulty plays or lost games. I say "or otherwise," because "bad news rides post," and it is sure to get back where it is apt to do mischief, then harmony is changed to discord and the team game cannot but suffer. These plays should be talked over with the man by the captain, trainer and manager, but it should be remembered that the player is human, not a machine. No man's position should be a sinecure; keep to the policy that the best man plays the games. If a player falls off he should understand that he may be displaced. Merit should decide the line-up.

The player should not be criticised until after the heat of the game has left his blood. After the game it is policy to give the men careful attention. One often hears: "Basket ball is not as hard as foot ball." Not in the same way, perhaps, but I have seen men come to the gymnasium fresh from good work on the gridiron and be unable to continue in a fast game of basket ball after fifteen minutes' play. So it is well to remember that the men often come from a hard fought game—in which, like a runner, they have gauged their strength to the limit—in a state of exhaustion.

Men in a team that is playing a hard schedule should receive a careful rub down after each practice and game. To say nothing about team work would be to leave this article without the final keynote to success. Team work is a watchword, used with more or less success, that all teams and trainers employ. To some it

means nothing; to others it means play built up around one or two men. But against a good team this one-man game is ineffective. By team work I mean that almost intuitive knowledge held by each man of the position of the men in all the plays. Men accustom themselves to each other and to each other's actions and intentions. I have often seen a man in a pinch make an accurate pass to a fellow player whose last movements it had been impossible for him to see. It is this confidence of the men and each man's understanding of the rest of the team, without visible or audible means, that often decides a doubtful contest. Every man should be able to score should the opportunity present itself. This is a very essential point, not that I believe in the guards playing up, but I don't draw an imaginary line and say that it shall not be crossed.

## OFFICIAL BACKBONE



BY PIERSON S. PAGE, M.D.

Basket ball officials are, as a rule, not often required to draw on their surplus stock of backbone to refuse a bribe; or, because of obligations, to "throw" a game to a certain competing team. But that basket ball officials have need of backbone and that it is an essential requirement of competent officials, and that this is most conspicuously lacking is a self-evident truth, as is so often shown in the side talk of the defeated team and their sympathizing "rooters."

Everything has been done to eliminate all the detrimental elements of the game by a yearly revision of the rules. A general movement has been made by the associations and the colleges for "Clean Sport," which has met with great success, but there is still wanting a rule or some other method to instil into the official the necessary backbone to make a basket ball game an unquestionable success, and to leave the players and their friends in such a frame of mind that they will be as cordial to their opponents after a game as they were before.

You may wonder what I mean by Backbone. Well, I mean that unexplainable power in a man that enables him to make the correct decisions in such a way that others shall recognize his authority and decisions as final, and, if necessary, to enforce it in a businesslike and gentlemanly way, because he knows the correct decision has been made according to the rules.

To do this, he must have an absolute knowledge of the rules, with their proper interpretations, a quick, ready mind, and good judgment. The officer that is easily confused, who makes a decision and then finds that he must change it, or who tries to argue with the unfortunate (?) captain, will soon find himself in hot

water. He should not threaten, but let him make his decision as quickly as possible in a dignified, manly way, as though he knew exactly what he was doing. He should not attempt to convince players that he is right, but let him listen quietly to what the Captain has to say, repeat his decision, and proceed with the game. The players and the audience will soon see that he is an official in deed as well as in name.

If the audience becomes too noisy, and tends to excite the players to ungentlemanly acts, the referee should blow his whistle, call time, and after all is quiet, warn them that the game will not proceed unless the noise is discontinued.

If an official, as so often occurs, is a member of an organization which one of the teams represents, he can hardly help being more or less partial, and we admit it would demand more backbone than is found in the average man to keep him from overlooking some small point, or from the tendency to stretch the rules in order to favor the side in which he is interested.

If the official is not honest and courageous enough to make a decision against a player or a team that he may favor, how can we expect to keep the players from violating the principles and the courtesies of "Clean Sport"? Officials are there to make right decisions; to control the game by calling fouls when made, and to see that the excitement and the desire of victory do not lead the players to do things not allowable.

When an official fails in this it should be seen that he shall not have another opportunity to display his unmanliness and lack of desire to see fair play.

What the game needs to-day is officials that have a knowledge of the game combined with the dignity and courage to do just what is right.

Officials have been given all power in controlling a game, and it is for them to accept this and use it.

## COMPETENT OFFICIALS



BY GEORGE T. HEPBRON.

There was a decided improvement in the efficiency of the officials last season. This is to be expected as the rules became better known and the object of the game better understood; still, there is room for improvement.

The fact that a man is a good player is not sufficient reason for selecting him to be an official. In addition, he must have character and backbone.

If, among others, the following characteristics are exhibited by the officials, the games this season will be better officered, and less friction will be manifested:

1. Instant recognition of a violated rule and the penalty for same.
2. Backbone enough to make a decision and stick to it.
3. Abstinence from fault finding. (The duty of officials is to make decisions—not to lecture the players.)
4. Readiness to explain in the fewest possible words why that particular ruling was made.
5. Willingness to produce the rule as authority for action.
6. Never, under any circumstances, allowing the prolonged discussion of a rule during the progress of the game.
7. Willingness to allow the players the privilege of appeal from his interpretation of the rules to the proper committee.
8. Kindness and courtesy to all and the maintenance of a level head under trying circumstances.
9. A strong purpose to follow the rules in letter and spirit, and a determination not to be susceptible to outside influences.
10. Not to overstep his authority, appreciating at the same time his full duty.
11. Knows the rules so well that a reversal of decision is not necessary.
12. Impartial in all his dealings.



## THE REFEREE AND SOME OF HIS DUTIES



BY GEORGE T. HEPBRON.

The referee is the superior officer of the game. He must see that the court is properly laid out, that the official ball is ready before calling the game, that the spectators are the proper distance from the goal, that the spectators are in their proper places so as not to interfere with the game, that the bottoms of the baskets are closed so a goal, if thrown, will not go through and for this reason fail to be counted.

He approves of the scorer and timekeeper, and instructs them regarding their duties.

When it is necessary to toss up the ball he shall do so as prescribed in the rules.

He is the only official who can call time, and he should instruct the timekeeper to only deduct time upon his order.

He should allow no player to address him except the captain. If a player should do so the rules provide that he shall call a foul.

When a team refuses to play he shall, within the rules, award the game to the other team.

He decides when a goal has been made.

When it is necessary to toss the ball up, he indicates the men who shall jump.

When some player makes derogatory remarks to or about officers he calls a foul.

Calls fouls for persistent intentional delays.

Notifies the proper officials when he has disqualified a player.

The rules this year give him equal power to call fouls with the umpire.

## THE UMPIRE AND SOME OF HIS DUTIES



BY GEORGE T. HEPBRON.

The umpire has to do with the men and must follow them constantly with his eyes.

Rough play has made many of the games objectionable, not only to the players but spectators as well. The umpire who is alert and calls fouls will contribute to the popularity of the game and meet the approval of the clean players.

He should know the rules so well that when a decision has been made he will have no necessity for changing it.

Some umpires get so interested in the game that they fail to see some fouls, and the players lose confidence in them and begin to criticise, and roughness usually follows.

Players usually size up the umpire, and if they find he is not going to be strict they take all manner of liberties with the rules, and the game soon gets beyond his control.

An honest umpire who knows the rules well has very little trouble and the players respect him, even though he calls many fouls on them.

One of the best plays to develop roughness is where one player catches the ball against the body or in the arms; this is a violation of the rules and develops rough play when his opponent tries to get it away from him; the umpire should call a foul when a player catches and holds the ball with any other part of the body than his hands.

When the umpire calls a foul he should state the nature of the foul and indicate publicly the offender, so both the player, the audience and the scorer may know who he is; this saves many misunderstandings and tends to the good will of the players.

Poor umpires have spoiled many games,

## THE SCORER



BY GEORGE T. HEPBRON.

The scorer is a very important personage and much depends upon his accuracy, as the omission of one point would change the result and might lose the game for a winning team.

He should not only keep the general score, but the individual score of each player, so the manager of the team could by referring to the official score tell how many fouls each player made and whether they were Class A or B; which player threw for goal and whether he succeeded in caging the ball.

He should notify the referee when two fouls of Class B have been made, so the referee may disqualify the offender.

The classes of fouls are as follows:

Class A.—(1) Addressing officials; (2) touching ball in centre; (3) kicking or striking ball; (4) carrying ball; (5) holding ball; (6) tackling, holding, pushing opponents; (7) delaying game.

Class B.—For which players may be disqualified: (1) Striking; (2) kicking opponent; (3) shouldering; (4) unnecessary rough play; (5) tripping; (6) hacking.

The spectators should be kept well informed of the progress of the game, either by frequent announcement or, better, by a large blackboard in full view. If a board is used the official scorer should have large cards with figures on them, to show the points made in each play. The figures should be large enough so the assistant scorer in charge of the board can see them plainly at a distance.

## THE TIMER



BY GEORGE T. HEPBRON.

The inefficiency of the timer often wins and loses games. He should be thoroughly conversant with the watch he holds and for this reason should use his own.

He should invite a timer from the opposing team to keep time with him, and both of them should be apart from the spectators, so as not to be distracted by their surroundings.

Of course, only one timer can be accepted as official, but this custom which has been followed successfully always wards off criticism.

Of course, only one timer can be accepted as official, but the custom of having two, which has been followed successfully, always wards off criticism.

He should always have a whistle and blow it himself when time is up for the half or game.

Full co-operation with the referee must be secured if the game is to be devoid of wrangles regarding accurate time.

Some people think anybody who can tell time can act as a timer, but such is not the case; he must be an experienced timer.

In addition he must be honest, as he can more easily throw a game than any other official by either wilfully giving the incorrect time or neglecting to blow his whistle when time is up.

## TEAM PLAY



FRANK W. VALENTINE.

Too great stress cannot be laid upon so-called "team-play." It contributes more than any other single thing toward making a team successful in its contests with opposing teams. Instead of each member working independently and without studying the movements and positions of his fellows, all work in unison and present a solid front to their opponents.

In comparing the play of teams it has been noticed that those best drilled in team-play have been the most successful.

A team which depends upon individual playing may succeed at times, but will find that it will have to be drilled in order to attain a great degree of success.

A disadvantage in individual playing lies in the fact that a player is more liable to be hurt, for the opposing team, naturally, will concentrate its force upon the one or two players who do the bulk of the work for the other team.

Then again, team-play is less fatiguing, for the reason that the work is divided equally among the five members of the team, and it does away with the running up and down a field of play to no purpose.

As a well drilled company of soldiers going through their maneuvers is attractive from the spectators' point of view, so is a well drilled team playing basket ball.

The first important step toward team-play is a careful selection of a captain who must be a competent and natural leader. He must be thoroughly familiar with all points of the game, besides setting a good example in scientific playing to the members of the team.

He must not be dictatorial, shouting at and ordering the players while the game is in progress, for it is natural that they will revolt against it. He will gain their respect and they will gladly carry out his ideas, if he merely suggests to them and takes them into his confidence. If, during a half, he sees that the play is not going to suit, the best plan is to call the team together during the intermission and make his suggestions. By following out this plan he will find that harmony will prevail, and at the slightest suggestion, will find them, as a rule, working in unison.

Before entering upon a contest the captain should inform each player what is to be expected of him, and the methods of offensive and defensive play to be used.

## PASSING AND GOAL THROWING



BY T. J. BROWNE.

The first requisite for successful team work is harmony among the players. If there be any display of jealousy by any player likely to affect successful team-play, that man should be talked to by the captain or manager and be shown the consequences of such action. After the team and substitutes are chosen, a captain should be selected. On his ability depends largely the success or failure of the team. He should be able to control himself; this, of course, is necessary if he wishes to control his men. He should also be able to plan or carry out new plays. If the right kind of men have been chosen for the team in the first place, the chances are that the right man will be chosen for this position, the judgment of the men, as a rule, can be relied upon.

The value of practicing together as a team is too well recognized to need any special emphasis. Games with outside teams should not be played until the men have worked together for a month or so. One or two games may be played with scrub teams not as good as themselves, so that they may be able to work any combinations they have learned in practice with some degree of success. It is almost impossible to carry out a new play successfully against a team of equal ability unless it has been already practiced against an inferior team.

I think there is not enough stress put upon practicing the team alone. If we wish to have good team-work, there must be fewer scrub games and more work done with only the team upon the floor. Especially is this necessary in the early part of the season. The majority of players are lamentably weak in some one of the elementaries of basket ball passing, bouncing

the ball or goal throwing. Very few men are excellent in all three. Of course, we don't expect the guards to be first-class goal throwers, although, it would greatly add to their value; yet we do expect them to pass well and to be able to carry the ball forward by dribbling, and how few can do more than catch their man and occasionally make a wild "grand stand" throw to the other end of the gymnasium, with the chances even that the opponents will get the ball.

In passing and goal throwing, the forwards generally have enough practice, but bouncing the ball is something they could afford to practice more. It should not be thrown directly at the man, but about a yard to either side of him, so that he will be compelled to take a step in order to reach it. Thus, if a man is closely watched by his opponent, he can feint to receive it on one side, then step back to the other and get the ball by a long reach before his guard can cover him; especially, in throwing to a man running must this rule be observed, so that he may not have to stop and wait for the ball, but may continue running and stop just as the ball reaches him.

There are several methods of receiving and delivering the ball. Pushing from the height of the chest, of course, is practiced by all, and yet, judging from the surprisingly large number of fumbles made in receiving the ball in this position, more practice could profitably be put on this.

Many teams, especially those composed of tall men, practice the high, overhead passing, receiving the ball on a jump and delivering it the same way.

I have in mind a strong team which excels in low passing. They owe their success in it to the manner in which they take the ball in one hand and twine their arm in back of the opponent and under his arm, and so deliver the ball. It is a neat play, but it requires very quick and lithe players to do it correctly without making any fouls. The same team has a habit of throwing the ball from a backward bend, sidewise, hands overhead position. They feint on one side, then quickly bend away over to the other without changing the position of the



feet. I may say that these peculiar throws have had a great deal to do with the success of this team.

Another trick used in\* passing is a quick bounce to the side, to enable one to step out of the way of an opponent, and this followed by a pass. This is useful when your opponent gets in front of and close up to you.

• When the ball is out of bounds it should be thrown in to one side with one hand in a short pass under your guard's arm; in a long pass, throw over his head. But throw with only one hand, and don't look in the direction you throw. Fool your opponent by fixing your eyes in the opposite direction. The latter is an important point and the neglect of it is the reason some men have such a hard time getting the ball over the line without having it blocked.

Bringing the ball from one end of the field to the other by bouncing is a feat well worth knowing how to do, and yet, but few men are good at it. It is comparatively easy to bounce it along with no one to interfere with your progress, but skill is required when it comes to dodging opponents and keeping the ball going at the same time.

Goal throwing, of course, is of the first importance. Good as a team may be in all other respects, it cannot win unless it throws goal. In throwing from the foul line the best method is the underhand, in which the ball is thrown with an upward swing from between the knees. The advantages of this are: the thrower can control the ball better, as it permits him to give a slow and steady motion to the ball without any sudden jerk or push, and as he is used to handling other articles in this position, his muscular sensation is more sensitive and he is better enabled to judge of the amount of force to be exerted. This method is used by the great majority of forwards. Occasionally there will be found men using the overhead throw from the foul line, but this style, although the best for field play, where quickness of throw is desired, is unsuited for foul line throwing on account of the difficulty of control. There can be no prolonging of the time in delivering the ball; it has

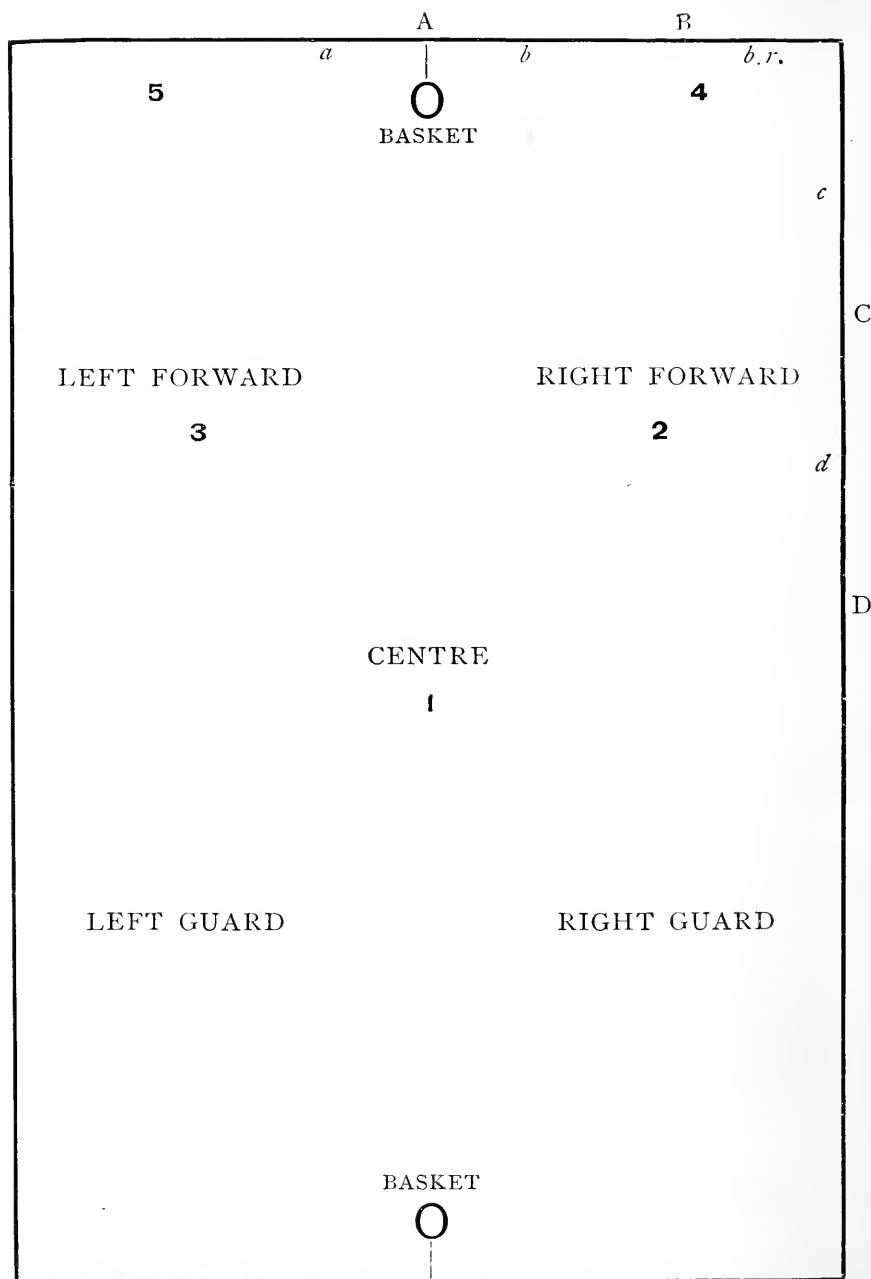


DIAGRAM OF BASKET BALL FIELD, SHOWING POSITION OF FIVE-MAN TEAM.

to be done with a short, sharp push. The rapidity with which the ball can be received and thrown by this style is what makes it so valuable for field play. When done the right way, with a spring off both feet, it is exceedingly hard to block.

Another disadvantage of the underhand style is its slowness, the dropping of the hands between the knees for the swing up after catching the ball high overhead means so much extra time for your opponent to reach and cover you, and he generally is successful. The overhead throw takes a longer time to learn to do correctly, but even with this difficulty, its advantages far outweigh its disadvantages. How often we see a man jump up out of a scrimmage close to the goal and push the ball up through the crowd and into the basket. Could he do that with the underhand throw? Never!

• The one-handed underhand throw from the side is one which often is made use of. It avoids one of the disadvantages of the two-handed underhand, as the thrower can prevent blocking in front by placing his body and forearm between his opponent and the ball. From this position he can throw for goal over the head of the guard. By suddenly turning to the left when within throwing distance, and thus letting him pass, and swinging my right hand around with the ball at the same time, I could get a clear throw for goal before he had time to get around me to my right side and stop the ball. If I had attempted to use both hands in throwing, he would have surely blocked me, as I would have had to turn my body more, and the fraction of a second required for that would have given him just sufficient time to reach me.

In diagram on opposite page, numbers 2 and 3 represent the positions at which a try-for-goal has the best chances for success; numbers 1, 4 and 5 are the next best; that is, 1 and 4 are equal to 5, if the goal has a good sized screen behind it from which a carom can be made.

Following are a few plays when ball is put in play at centre. The captain should have a signal for each. Most of these depend on your having a better centre than the other side, one who can place the ball with some degree of success.

From centre to right or left forward, either close to centre or up near goal at about 4 or 5, as signal directs. If the ball is to be dropped close to centre the forward should stand far back, if possible, behind his guard, and just as soon as the centre jumps, make a quick dash for the ball and then return the ball to centre, who, having become uncovered, makes a try for goal. If the ball is to be dropped back near 4 or 5 the forward should stand well up to centre, as if he expected the ball to be dropped very close, and then run back as soon as centre jumps, to get the ball and make a try-for-goal before his guard comes up; he may have to dodge his guard and then throw.

A modification of the first part of the last play is where the forward runs up and gets the ball at the side of centre and then throws it back to the other forward, who has run over and taken the former's position, from which he tries for goal.

The centre may allow the ball to go over his head, just touching it enough to prevent it from going far; the forward having run up, gets it and returns it to centre, who, generally, can get a clear throw for goal before his opponent knows what he is about.

When out of bounds the ball may be put in play by a short pass to a man who runs up to the side line, or, the long pass may be used. The success of the former depends on the quickness and co-ordination of the two men playing it. It is useful when the men are well covered and there is little possibility of making a good, long pass. The man in the field must make a quick dash and receive and return the ball before his opponent can reach him. The long pass is comparatively easy when your men are uncovered. If they are well guarded the ball should be thrown to some open spot to which one of your men expects it to be thrown, according to his signal.

Here are some varieties for getting the ball in on short passes (See diagram for positions): Right forward has ball outside the line at B; left forward runs to *b* and receives the ball, either trying for goal or, better still, as he will have a poor chance to throw, he makes a low pass to right forward, who has run out to position 2, from which he throws for goal.

Right forward with ball outside at A; left forward runs to *a* and takes ball and then passes back to right forward at *b* and has ball returned to him at 3, from which he throws for goal.

Right forward with ball outside at C; left forward may take the ball at *c* and return to right forward at 2 to throw for goal, or he may take it at *d* and then pass back to right forward at 4, to be thrown for goal.

The centre may take the place of either of the forwards in these plays, or a combination of the three may be worked. The same plays may be worked by the guards at their end with this exception: the ball is only to be taken on the side nearest the goal, so that the long return pass can be made away from their own goal and towards the opponents'.

In regard to long passes down the field by the guards. They are all right if your team can jump higher and with better judgment than the other side. Often, they may be used when the ball is over the end line and the guards of your opponents have left the goal to follow the forwards down to where the ball is outside. Give one of your forwards a start back for his goal and then throw the ball so that it will drop near the goal, where he can have a clear throw before the guards come up. The success of this, of course, depends on the forwards enticing the guards down by making them think there will be a short pass, and then getting away from them at just the right time.

These plays that have been given are mere suggestions of numberless combinations. Their practice in private adds greatly to the effectiveness of the team. It is best to confine the practice to two or three of the most simple and perfect them. A person in learning to play the piano, must familiarize himself with the scales and their fingering. A basket ball player should have a few elementary plays. He should know where to find any other man on the team in any play. A man with the ball out of bounds should have a definite idea as to where he should go after he throws the ball in. The only way to get this is by practice.

## THROWING FOR GOAL



Some teams are throwing for goal all the time. They think, apparently, that out of so many chances some will be made. Of course this is possible and sometimes a goal will be made from the whole length of the field. This, however, is so rare as to make the side that tries it lose steadily.

Only throw for goal when there is a reasonable chance for making it. If you are so attacked that you cannot make a good throw, instead of throwing wild, pass to the other forward or even to the centre. This is team play.

A most common fault of green players is to be continually running after the ball.

When the opponents have the ball, *stick to your man* like glue. Cover him so effectually that the ball cannot by any manner of means be passed into his hands. Follow him anywhere; prevent *his* getting the ball. When the ball is thrown then try and get it yourself if it comes your way. If, instead of playing this way, you run off to block the man who has the ball, while you may make it harder for him to make a good throw, still you have left your man uncovered and the ball can and probably will be thrown to him.

Now, however, when it is one of your men who has the ball, your play must be exactly reversed. Get in front of or away from your opponent, so that the ball may be thrown to you with safety.

When it is your immediate opponent who has the ball do not let him have a good throw, take the ball away from him, block him, hit the ball with your *open* hand. If you hit it with your fist it is a foul.

## THE CENTRE



BY T. J. BROWNE.

The centre should have all the qualifications of the forward; in fact, it would be well if the guard also had the same qualifications along with those required for his own position. Height is a more important consideration in choosing a centre than in choosing a forward. Without height many good plays between centre and forward, when the ball is put in play, cannot be carried out. But along with height the centre must be able to correctly determine the exact time at which to jump in order to get the ball at just the right height, not too low nor too high. The ability to thus judge the jump correctly, of course, improves with practice. However, let a quick man be the first choice, height being of secondary importance. After height, ability to throw goals would come. He must also be able to play guard as well as forward; in fact, a centre has to be the most versatile man on the team. He should also be a man able to control his temper, as he is more exposed to things likely to upset his good nature than are the players in the other positions. The old trick of taking a run before jumping for the ball can no longer be practiced with the right officials, nor can that one of running between an opponent's legs and upsetting him as he jumps. Nevertheless, he will sometimes meet men who are mean enough to strike him with their knees as they jump, or who, failing to reach the ball, will let their hands come down on his face.

In jumping for the ball the centre will find that he usually has to strike it with one hand; sometimes, when playing against a short man, he can catch it with both hands. Jumping and catching with both hands, however, exposes his whole front, and, as he generally has to face his opponent in order to

get the ball, he is liable to injury from the knees of his opponent. In striking with one hand at the ball his body is turned partly sideways and this danger of injury avoided. By putting a quarter turn on this jump to catch the ball, it may be done with less risk of hurt.



## THE GUARDS



BY T. J. BROWNE.

The position of guard is the most unsatisfactory place on the team. He does the hardest work and gets the smallest amount of praise. The centre does the most work, but he frequently has the glory of throwing a goal, while if the poor guard, thirsting for a little glory, makes an attempt at goal-throwing and fails, he never hears the end of it. If he lets his man score a goal he is severely reprimanded, no matter how often he has "blocked" the man before. Few or none notice the "blocks," but all see the goal.

The principal duty of the guard is to prevent the forward from throwing goals. If he can do this by being quicker than the forward and getting the ball first, so much the better, but if not able to do this he must at least be able to follow the forward, spoil his dodging and prevent him from throwing goals. He should be quick to see any tricks, especially those between centre and forward, and be able to turn them to the advantage of his own side. He should watch his man closely, especially when the ball is out of bounds, and endeavor to get the ball on any pass to his opponent.

The best position to take in "covering" your opponent is at his side. About the most exasperating thing to the forward is to have the guard stand directly in front of him looking into his face and getting in his way whenever he attempts to run. It is virtually holding, for the forward cannot run without knocking the guard down or pushing him to one side, and thus having a foul called on him. Such conduct violates the principle of true sport; no man should take an unfair advantage of another, even though the rules do not explicitly forbid such play. If the guard stands behind the forward he has very little

chance of getting the ball, the forward always getting there first, and besides in reaching over his shoulders when he has the ball, there is always a danger of fouling. In playing at the side of the forward the guard has as many opportunities of getting the ball, is in less danger of fouling and can guard his man just as well.

The guard should be able to "dribble" the ball down the field. Often we see a guard get the ball, his opponent at the other end of the field, and with no one near to pass it to, stand there hesitatingly, not knowing exactly what to do. Whereas, if he knew how, he could easily advance the ball by "dribbling." Guards should also be good at passing, especially in advancing the ball by running and passing, stopping momentarily as ball is received and starting again as soon as ball leaves their hands.

When the ball is outside, the guard should endeavor to pass it to one of his own men rather than wildly throw it down the field.

It is almost needless to say that every man on a basket ball team should be able to control his temper and his tongue. A man who persists in getting angry and displaying it should not be retained on the team. Such a man will make a lot of trouble in one game.

## THE FORWARDS



BY T. J. BROWNE.

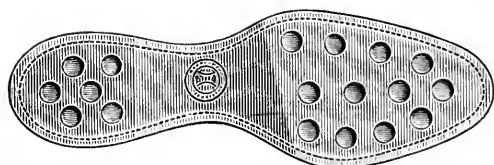
Out of your material for a basket ball team pick out the quickest men for forwards. Don't take the best goal-thrower unless he is one of the most agile of the candidates. Goal-throwers can be developed in a much shorter time than it takes to cultivate agility; besides, some men, on account of their nervous make-up, can never become as quick as others with whom quickness seems to be inherent. The old idea was that height was the prime requisite of a forward, but now, after having seen forwards of "all sizes and conditions of men," we pay little attention to height. Of course, height and weight, added to quickness and skill in dodging and goal-throwing, mean a superior and more successful player. Skill in dodging can only be acquired in playing against an opponent. It would be well in practice to occasionally play the guards against the forwards. This will cause the latter to utilize and improve their ability to dodge and will give the guards valuable practice in following such dodging tactics.

Skill in dodging cannot easily be acquired; it requires quickness of decision. A man must be able to decide quickly as to just what movement to make, and to do the right thing requires a thorough familiarity with the play and players. An error necessary to guard against is the playing of an individual game rather than team-play, the player placing too much reliance on dodging and neglecting passing, often losing the ball after dodging around and fruitlessly attempting to throw a goal. This is often seen: one man jumping and squirming around in an attempt to make a "grand stand" throw for goal, while others are standing about to whom he could easily pass the ball and who would have better chances than he to make a goal.

In throwing for goal from the foul line, the forward or centre or whoever throws should have a uniform method of holding the ball. Have the lacing face in a certain direction, place the fingers on certain seams, and, eventually, the hands becoming familiar with any peculiarities in the shape of the ball, they adapt themselves to it and the ball is thrown with better judgment and with more chance of success. Two men at least should be able to successfully throw for goal from the foul line and to avoid any weakening of the team in that respect from the absence of the regular thrower. In any match game it is best to have one man throw throughout the game, even though the first two or three throws may be unsuccessful, unless he is exceedingly "rattled" and likely to remain so, but generally after the first few throws he "gets his eye on the basket" and is more likely to be successful than any new man who might be tried.

The forward will often be called upon to play guard. He will meet with guards who are good goal-throwers and who have a habit of making a try-at-goal occasionally. To follow his man well in such a case will require a knowledge of some of the tactics of "covering," and he would do well to try guarding once in a while when in practice.

## BASKET BALL WEARING APPAREL



A new shoe has been designed for basket ball players, one that cannot slip because of the unique construction of the sole, which is made of rubber with holes in it so as to form a sufficient suction when in contact with the floor to prevent slipping and yet not enough to interfere with the freest action.

This shoe, No. BB, is well made, of the best material, and of inestimable value on any floor, and especially on a slippery floor

where instant starting and stopping is necessary to play the best game.

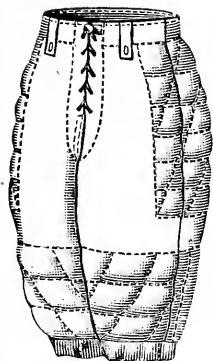
This shoe sells for \$4.00, and fills a long felt need. A team equipped with these shoes begins the game with a decided advantage over the opposing team.

A good high-cut rubber soled canvas shoe is sold under No. 1H for \$1.50, and another one of similar style, cheaper grade, for \$1.00, and is catalogued under No. M.

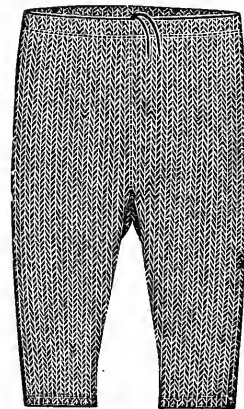
In low-cut shoes, No. 1, which corresponds in quality to No. 1H, sells for \$1.25, while the next grade low-cut costs 75 cents.



L. & C.



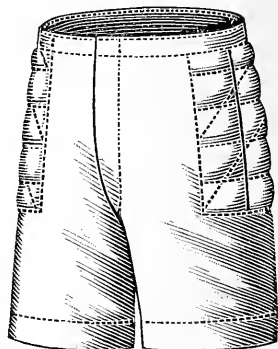
No. 1PB



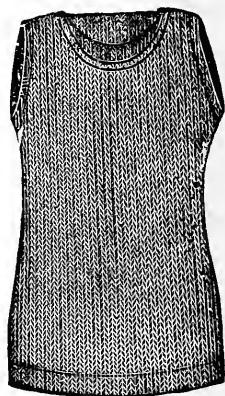
Various styles of pants are used in basket ball. The No. 1PB, costing \$1.50 a pair, is made of good quality brown canvas, and padding will not interfere with free movements. No. 5B, made of heavy brown canvas, padded loosely on hips and very loose fitting, costs \$1.00 per pair. No. XPB is made of heavy white drill and well padded, and costs 75 cents per pair.

Those desiring knee tights will find the No. 604 at \$1.25 a pair and made of worsted, and the No. 4B, of sanitary cotton, at 50 cents a pair, well made and very desirable.

Knee pants are preferred by some. Those of white or black sateen, fly front, lace back, cost \$1.25, \$1.00, 75 or 50 cents per pair, according to quality of material. Stripes down sides cost 25 cents per pair extra.



No. 5B.

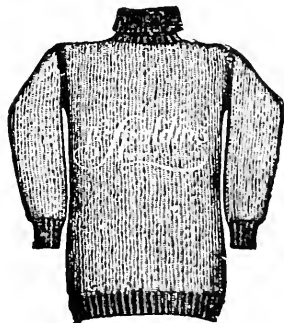


Shirts of various styles and material to suit the player are enumerated as follows: Sleeveless ones of worsted, No. 600, at \$1.25; sanitary cotton, No. 6E, at 50 cents.

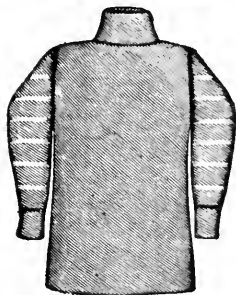
Those desiring quarter sleeves should order No. 601, of worsted, at \$1.25, or sanitary cotton, No. 6F, at 50 cents.

Either of the foregoing, especially the worsted, will be found to give entire satisfaction.

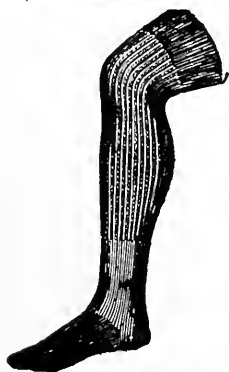
The sanitary cotton are well made, but being cotton, do not absorb the perspiration as readily, but in other respects make a good garment for the purpose intended.



Sweaters are a needed adjunct of every basket ball player's outfit. Spalding's No. A Intercollegiate Sweater, which is the official sweater worn by all the leading university and college teams, is made of pure Australian's lamb's wool and has been found indispensable as a preventive for taking cold. It retails for \$6.00. The No. B heavy weight sweater retails for \$5.00, and the No. C, standard weight, for \$4.00.



In jerseys, a very popular garment worn with sleeveless jackets is Spalding's No. 10PX, which is manufactured from hard twisted worsted of good quality and closely woven. It is made with a solid color body with alternate striped sleeves—usually two inches of same color as body with narrow stripes of any color. It costs \$2.75. The same grade in solid, plain colors, costs \$2.50. Full striped jerseys in a large variety of colors—Spalding's No. 10PS is a popular style—cost \$3.00 each.



No. 1R.



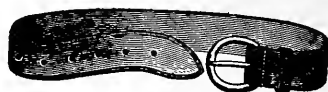
No. 3-OS.

Every good player realizes that a stocking of extra value is necessary for basket ball, and

can rest assured that these are the best that can be procured for the money.

No. 3-0S stockings are made of heavy ribbed wool, especially woven, and come in a variety of alternate colors to suit the most critical. These stockings retail for \$1.75 per pair. The same grade in plain cost 25 cents less. The No. 1RS stockings, heavy-weight also have alternate colors and retail for \$1.35 per pair; the medium weight in same grade retails for \$1.10. The Nos 1R, 2R and 3R come in heavy, medium and lighter weight, and sell for \$1.00, 80 and 60 cents, respectively. A pair of cotton stockings can be bought for 25 cents.

A good belt to wear is No. 728, russet or blk, which retails for 50 cents. A cheaper quality can be bought for 25 cents.



No. 728.

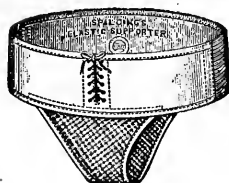
No player should play without a supporter. This advice is not needed by some who have learned the above by serious experience. Many a game is lost by the best player being injured and withdrawn from the game because the above advice has not been heeded.



No. 5.



The Spalding.



The No. 5 "Bike" Supporter has been conceded by all as the "only" jockey strap suspensory. It is clean, comfortable and porous, and is made in three sizes. The price is 75 cents.

Two other well known suspensories are the Spalding, which sells from 25 cents to \$1.25, according to material used, and the Old Point Comfort, at \$1.00 to \$1.50, depending on the material also.



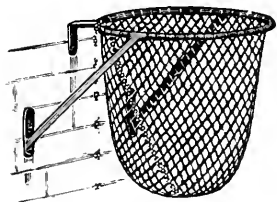
O. P. C.

Spalding's elastic supporters are used a great deal, and are a most necessary part of the equipment. They are made in several styles, and cost 25 and 50 cents each, depending upon material used.





## COMPLETE BASKET BALL OUTFIT



Official Goal.

A. G. Spalding & Bros.' No. 80 goals, price \$4 00 per pair, are the ones referred to as "official" in the basket ball rules and must be used in all match games. The leading teams of the country are using these goals. A new feature of the goal this season will be a unique arrangement of the net, so the bottom can be left open for practice and

closed for match games. No annoying stoppages of the game to repair inferior goals will occur where these goals are used.

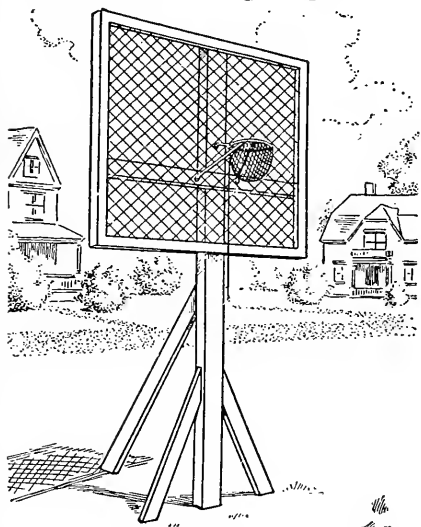
The conditions in the basket ball rules relating to the ball are extremely rigid, and it requires the greatest care in selection of materials, the most skilled mechanics being required to make them. This has made the Spalding ball the most difficult one on the market to manufacture, because, to be of uniform size and weight, each piece of leather must be of the best, so as to prevent irregularity in shape and endurance.

The No. M, manufactured by A. G. Spalding & Bros., and sold for \$5.00, is the one mentioned as the "official" ball in the basket ball rules. Be sure it bears the trade mark as shown on page 103, as this ensures excellence in manufacture, quality and workmanship. This ball must be used in all match games.

Is there anything more annoying than to have the rubber bladder burst in the midst of a good series of plays? The ball has to be unlaced, the bursted bladder removed and a new one replaced—providing you happen to have one



—and then laced up again. All this time the spectators are waiting patiently—or otherwise, the players are anxious to play, and the whole game may be spoiled by this occurrence. Suppose the renewed one should burst within the next five minutes—perish the thought! The only thing to do is to call the game off, give rain checks, and play it out at some later date. All this may be obviated by getting the official ball in the first place, which is fitted with one of A. G. Spalding & Bros.' No. OM bladders. They cost \$1.00 each, and are fully guaranteed. These may be bought separate from the ball if desired, and it is a good plan to always have an extra one on hand.



Basket ball is an indoor game but is fast becoming an outdoor one as well. The experiment of holding an outdoor tournament was tried at the Pan-American Exposition in Buffalo and proved a success. A.G. Spalding & Bros.' Outdoor Goals contributed largely to this success. After these goals were put in position for the first game of the series they needed no attention whatever, remaining in place as rigid as if put up inside on a solid wall.

All club managers should keep official scores. The Spalding Official Score Book was prepared to meet the demand of the intelligent players who wished to keep record of goals and fouls, their nature, and by whom made. This book enables the manager to tell at a glance how many fouls and goals each man made, and serves as a guide for him in coaching his team. A score book containing space for ten games can be bought for 10 cents, or one for twenty-five games, 25 cents.

**THE ONLY  
OFFICIAL**



**BASKET  
BALL**

## The Spalding "Official" Basket Ball

Officially adopted and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball, of extra quality Para rubber. Each ball packed, complete, in sealed box, and guaranteed perfect in every detail.

**No. M. "Official" Basket Ball. \$5.00**

### Extracts From Official Rule Book

#### RULE II.—BALL

SEC. 3. The ball made by A. G. SPALDING & BROS. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.

#### RULE III.—GOALS

SEC. 3. The goal made by A. G. SPALDING & BROS. shall be the official goal.



### A. G. SPALDING & BROS.

New York  
St. Louis  
Denver

Chicago  
Boston  
Minneapolis

London, England

Philadelphia  
Buffalo  
Kansas City

San Francisco  
Baltimore  
Montreal, Can.



## Spalding "Special No. E"

Fine English pebble grain leather case. The bladder of the purest Para rubber and guaranteed. Each ball complete in sealed box.

No. **E**. Each, **\$4.00**

## Spalding "Standard No. 16"

Fine leather cover; regulation size. Each ball complete in box with pure Para rubber bladder fully guaranteed.

No. **16**. Each, **\$3.00**



## Spalding "Practice No. 18"

No. **18**. Good quality leather cover; regulation size. Each ball complete in box with bladder. . . . Each, **\$2.00**

## Extra Bladders—Guaranteed Quality

No. **OM**. For Nos. M and E balls. . . . Each, **\$1.00**  
 No. **AP**. For Nos. 16 and 18 balls. . . . " **.60**

### A. C. SPALDING & BROS.

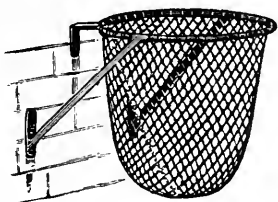
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## Spalding's "Official" Basket Ball Goals



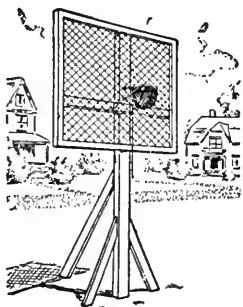
Officially adopted and must be used in all match games. We are equipping our basket ball goals now with nets constructed so that the bottom may be left open in practice games to permit the ball to drop through. The opening is closed readily by a draw string for match games.

No. **80.** Per pair, **\$4.00**

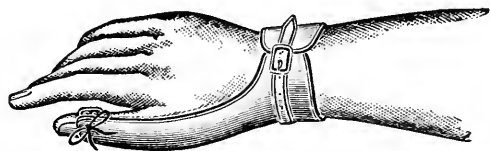
### Outdoor Goals

Outdoor Basket Ball Goals, Uprights and Net Frame. Designed for lawns, school yards, outdoor gymnasiums and playgrounds. Everything complete for setting up.

No. **160.** Per pair, **\$30.00**



### Thumb Protector



A substantial support that players will appreciate.

No. **T.** Each, **50c.**

Handsomely illustrated catalogue mailed free to any address.

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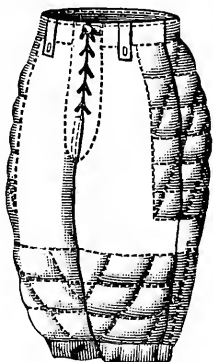
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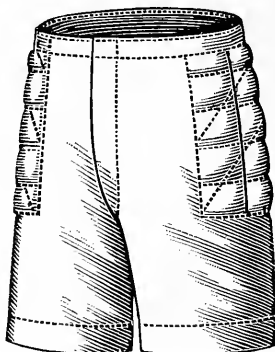
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# BASKET BALL —PANTS—



No. 1PB



No. 5B.

Good quality brown canvas. Padding will not interfere with free movements.

No. **1PB.** Per pair, **\$1.50**

Made of heavy white drill and well padded.

No. **XPB.** Per pair, **75c.**

Made of heavy brown canvas, padded lightly on hips and very loose fitting.

No. **5B.** Per pair, **\$1.00**

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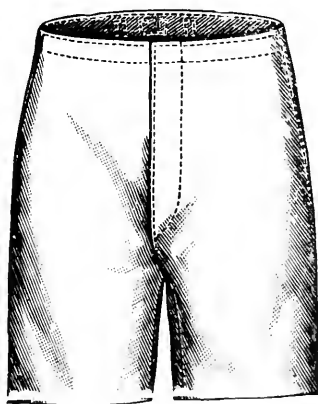
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# Basket Ball Pants

Fly Front, Lace Back



White or Black Sateen.

No. 1. **\$1.25**

White or Black Sateen.

No. 2. **\$1.00**

White or Black Sateen.

No. 3. **75c.**

White or Black Silesia.

No. 4. **50c.**

Stripes down sides, 25 cents per pair extra.

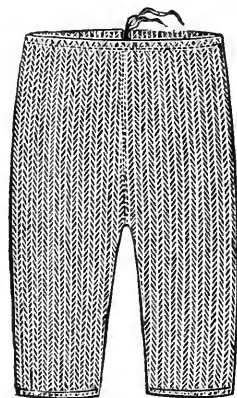
## Knee Tights

Cut Worsted. Navy, Black, Maroon.

No. **604.** Per pair, **\$1.25**

Sanitary Cotton. White, Navy, Black, Maroon.

No. **4B.** Per pair, **50c.**



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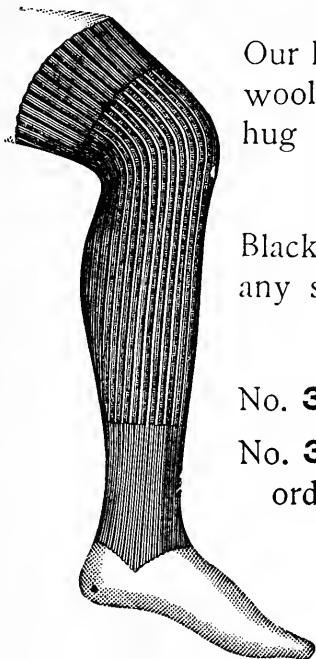
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# Spalding's Basket Ball Stockings



Our Highest Quality Stockings are all wool, heavy ribbed, full fashioned, hug the leg closely but comfortably; are very durable.

Black, Navy, Maroon, Scarlet, and any special colors to order. White feet.

No. **3-0**. Plain colors, . **\$1.50**

No. **3-0S**. Striped, any colors, to order only. . . . **\$1.75**

---

## Ribbed Stockings

Colors: Black, Navy, Maroon, Royal Blue and Scarlet.

No. <b>1R</b> .	Heavy.	. . . .	Per pair, <b>\$1.00</b>
No. <b>2R</b> .	Medium weight.	. . . .	" <b>.80</b>
No. <b>3R</b> .	Good weight.	. . . .	" <b>.60</b>
No. <b>4R</b> .	Cotton.	. . . .	" <b>.25</b>

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# Spalding's Basket Ball Stockings

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## Striped Stockings

### COLORS

Scarlet and Black

Maroon and White

Royal Blue and White

Royal Blue and Black

Orange and Black

Navy Blue and Red

Navy and White



No. <b>1RS.</b>	Heavy weight.	.	Per pair, \$ <b>1.35</b>
No. <b>2RS.</b>	Medium weight.	.	" <b>1.10</b>
No. <b>3RS.</b>	Good weight.	.	" <b>.80</b>

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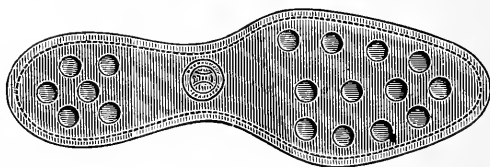
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# SPALDING'S BASKET BALL SHOES

Made of selected leather, rubber sole. The suction caused by the peculiar construction of the sole enables the player to obtain a good purchase on the floor, a feature that has made this shoe very popular.

No. BB. Pair, \$4.00



High Cut, best grade  
Canvas Shoe, rubber  
sole.

No. 1H. Pair, \$1.50

High Cut, Canvas Shoe,  
with rubber sole.

No. M. Pair, \$1.00

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## A. G. SPALDING & BROS.

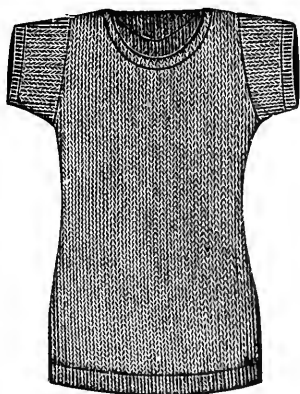
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# Quarter Sleeve Shirts



Cut Worsted, Navy, Black,  
Maroon.

No. **601.** Each, **\$1.25**

Sanitary Cotton. White, Navy,  
Black, Maroon.

No. **6F.** Each, **50c.**

# Sleeveless Shirts

Cut Worsted. Navy, Black,  
Maroon.

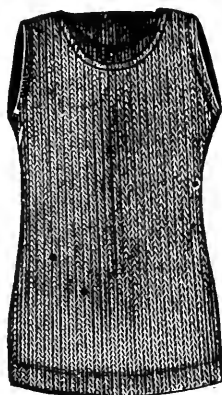
No. **600.** Each, **\$1.25**

Sanitary Cotton. White, Navy,  
Black, Maroon.

No. **6E.** Each, **50c.**

Sleeveless Shirts. Same colors as  
Jerseys.

No. **12ES.** Each, **\$1.50**



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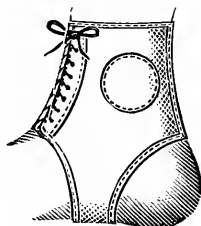
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# The Hackey Patent Ankle Supporter

(Pat. May 12, 1897. A. G. Spalding & Bros., Sole Licensees)



No. H



No. SH



No. CH

An ankle support of some kind has now come to be recognized as a necessity by most athletes. The styles which we manufacture under the Hackey Patent have given universal satisfaction, and are absolutely reliable and practically perfect in construction and design. They are worn over or under stocking and support the ankle admirably, while not interfering in any way with free movements. Relieve pain immediately and cure a sprain in a remarkably short time.

In ordering, give size of shoe worn.

Made of soft tanned leather, best quality.

No. H. Per pair, \$1.00

Good quality sheepskin, lined, bound and reinforced.

No. SH. Per pair, 50c.

Black duck, lined and bound, leather reinforced.

No. CH. Per pair, 25c.

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# The Spalding Highest Quality Sweaters

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Made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are

identical in quality and finish, the difference in price being due entirely to variations in weight.

We call special attention to the "Intercollegiate" grade which was originally made by special order for the Yale foot ball eleven and are now exclusively used by all Intercollegiate players. They are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

<b>No. A.</b>	<b>"Intercollegiate," Special Weight.</b>	<b>\$6.00</b>
<b>No. B.</b>	<b>Heavy Weight.</b>	<b>5.00</b>
<b>No. C.</b>	<b>Standard Weight.</b>	<b>4.00</b>

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal. Other colors to order at an advanced price.

Prices on application. All made with 10-inch collars; sizes, 28 to 44.

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Handsomely illustrated catalogue mailed free to any address in the United States or Canada. Write for one.

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## Shaker Sweaters

We introduced these sweaters to fill a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price, and after much experimenting we are in a position to offer this line in the following colors only: Black, Navy Blue, Maroon, Gray or White, as follows:

- No. 1. Same weight as No. A. Each, \$5.00**  
**No. 2. Same weight as No. B. " 4.00**  
**No. 3. Same weight as No. C. " 3.00**

Sizes, 30 to 44

## Striped Sweaters

Same quality as No. 3. Sizes, 32 to 42, in following colors: Red and Black, Navy and Red, Orange and Black, Navy and White.

**No. 3S. Each, \$3.50**

Stripes 2 inches wide in above combinations of colors only.

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# Spalding's Full Striped Jerseys



Full striped jerseys; two-inch stripes, same goods as our No. 10P, made in the following combinations of colors: Orange and Black, Gray and Royal Blue, Scarlet and White, Navy and White, Royal Blue and White, Black and Royal Blue, Red and Black, Columbia Blue and White, Navy and Cardinal, Gray and Cardinal, Maroon and White.

No. **10PS.** Each, **\$3.00**

Furnished in same colors as 10PS, but collars and cuffs not striped.

No. **12PS.** Each, **\$2.25**

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# —Spalding's—

## New and Improved Jerseys



We carry following sizes in stock: 28 to 42-inch chest. Other sizes at an advanced price.

Our No. 10P line is manufactured from hard twisted worsted and closely woven; of a good quality. Made to stand the severest strain; an absolutely perfect basket ball jersey.

No. **10P.** Solid colors. Black, Navy Blue and Maroon carried in stock; other plain colors to order. **\$2.50**

No. **12P.** In same colors as above. Each, **\$2.00**

No. **10PX.** Same grade, solid color bodies with alternate striped sleeves—usually two inches of same color as the body, with narrow stripe of any desired color. Very popular with sleeveless jackets. . . . . Each, **\$2.75**

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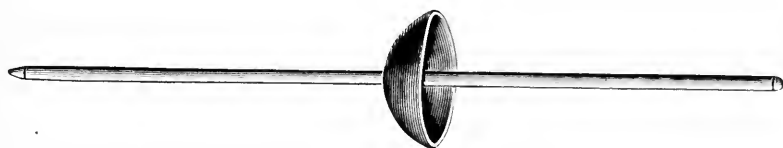
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# SPALDING'S OFFICIAL RING HOCKEY STICKS

(Patent applied for.)



Made of strong, light wood, of length to permit as near as possible an erect position while playing the game. Provided with guards to protect the hands of the players. Spalding's official sticks must be used in all games played.

**Complete Set of Ring Hockey, \$20.00**

A complete set of Ring Hockey consists of 12 sticks, 1 ring and 2 pairs of goal posts.

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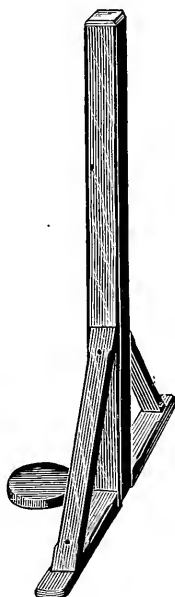
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# SPALDING'S OFFICIAL RING HOCKEY GOAL POSTS

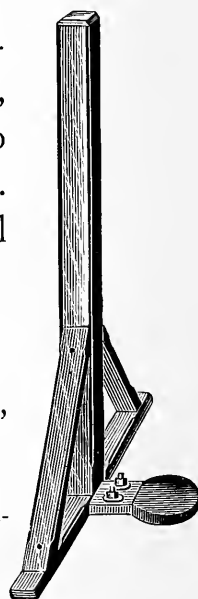
(Patent applied for)



Constructed according to official rules, properly weighted to keep their positions. Must be used in all match games.

Complete  
Ring Hockey Sets,  
\$20.00

A complete set of Ring Hockey consists of 12 sticks, 1 ring and 2 pairs of goal posts.



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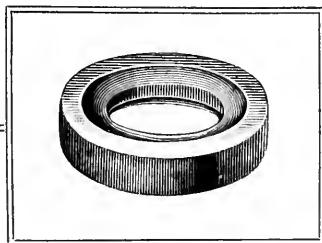
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# SPALDING'S OFFICIAL RING HOCKEY RINGS

(Patent applied for.)



The Spalding Official Ring is made of the best grade rubber. Will stand any strain, and constructed in such a way that it has the speed required to make a lively game. Must be used in all match games played.

**Complete Set of Ring Hockey, \$20.00**

A complete set of Ring Hockey consists of 12 sticks, 1 ring and 2 pairs of goal posts.

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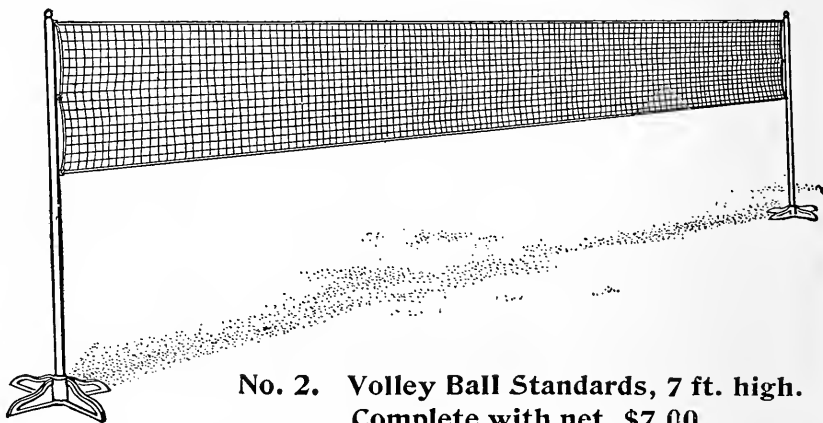
## Volley Ball

Is pre-eminently fitted for the gymnasium or the exercise hall, but may be played out of doors by any number of persons. The play consists of keeping the ball in motion over a high net, from one side to the other, thus partaking of the character of two games—tennis and hand ball. Made of white leather. Constructed with capless ends and furnished with pure gum guaranteed bladder.

**No. V. Regulation size; best quality. Each, \$4.00**

**No. W. Regulation size; good quality. " 2.50**

## Volley Ball Net and Standards



**No. 2. Volley Ball Standards, 7 ft. high.  
Complete with net, \$7.00**

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# **"Physical Training Simplified"**

## **..SERIES..**

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**By PROF. EDWARD B. WARMAN**



Author of "Practical Orthoepy and Critique;" "Gestures and Attitudes;" "Delsarte Philosophy;" "The Voice—How to Train It, How to Care for It;" "How to Read, Recite and Impersonate."

### **A Complete Course of Physical Training for Home Use—In Four Series.**

No. 149—Spalding's Athletic Library. **THE CARE OF THE BODY.** Price 10 cents.

No. 142—Spalding's Athletic Library. **PHYSICAL TRAINING;** complete, thorough, practical; no apparatus. Fully adapted for both sexes. Price 10 cents.

No. 166—Spalding's Athletic Library. **INDIAN CLUB EXERCISES.** Price 10 cents.

No. 185—Spalding's Athletic Library. **HEALTH INFLUENCED BY UNDERWEAR; HEALTH INFLUENCED BY INSULATION; HEALTH INFLUENCED BY COLOR; EXERCISE — WHO NEEDS IT?** Price 10 cents.

**These books form a complete course in physical development for any man or woman, and should be read by all who desire a perfect body.**

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# A. G. SPALDING & BROS.

ARE THE LARGEST MANUFACTURERS IN  
THE WORLD OF GYMNAS TIC APPARATUS

They have equipped nearly all the large college gymnasiums as well as schools, athletic clubs and public playgrounds. Spalding's apparatus is standard in every way. The greatest care is taken in its construction. Only the finest material is used. The construction is intelligently and correctly supervised by mechanical experts of high standing. It is immaterial how large or small the gymnasium is, Spalding's should be consulted. Blue prints and estimates furnished free on application.

A. G. SPALDING & BROS.

Gymnasium Factory :

CHICOPEE FALLS . . . . MASS.



Bird's-eye View of Seward Park in the Most Congested Section of New York.

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# OUTDOOR

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## Playgrounds and Gymnasiums

THE outdoor playground and gymnasium movement is rapidly spreading, and in many eastern cities it is on a very solid footing. A. G. Spalding & Bros. are qualified in every way to equip outdoor playgrounds and gymnasiums, being pioneers in the movement, and having constructed nearly all the playgrounds that have been built in recent years. In the city of New York they built the first outdoor gymnasium that was established. They have kept pace with the movement from that beginning to the present time, nearly all the gymnasiums and playgrounds in New York having been equipped by them. The wear and tear on gymnastic apparatus for a playground is extraordinary and requires the best material and the best workmanship.

*It is particularly noticeable that all  
Spalding's apparatus has stood the test.*

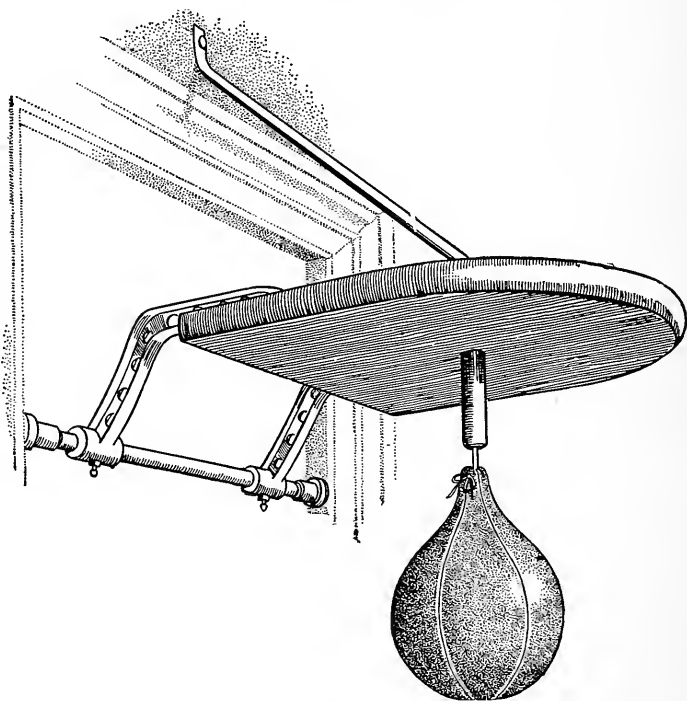
Diagrams, blue prints and further information about the playground movement will be furnished free upon application.

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**A. G. SPALDING & BROS.**  
**Gymnasium Factory: CHICOPEE FALLS, MASS.**

# The Spalding Patent Solid Striking Bag Disks

Patent Pending



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## DOORWAY STYLE

---

Similar to No. BR, except the inflated feature.

**No. DR. Complete, without bag. . . . Each, \$7.50**

Handsomely illustrated catalogue mailed free to any address.

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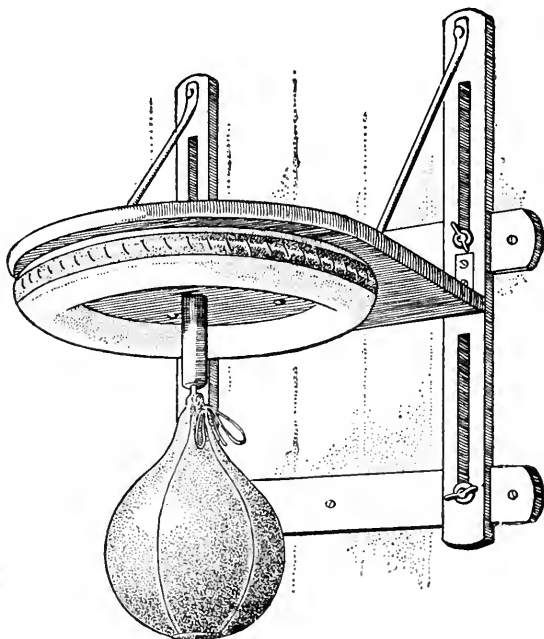
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# The Spalding Patent Inflated Striking Bag Disks

Patent Pending

WE need not dilate on the healthful attributes so generally recognized, but if anything can make bag-punching more popular we think the style disks we introduce this season will go far in that direction. No complaint is more common, in reference to the ordinary platform, than the annoyance caused by its vibration and noise. So far as it is physically possible we have eliminated both of these disagreeable features. The bag does not hit against a solid frame, but instead we have a pneumatic cushion, and consequently there is no more noise than that occasioned by the fist tapping the bag, while on the same account the vibration is reduced to a minimum.



## ADJUSTABLE STYLE

Can be raised or lowered simply by loosening the jamb thumb-nuts. Is perfectly firm and solid when thumb-nuts are tightened and has a long space for adjustment.

**No. AR. Complete, without bag. Each, \$10.00**

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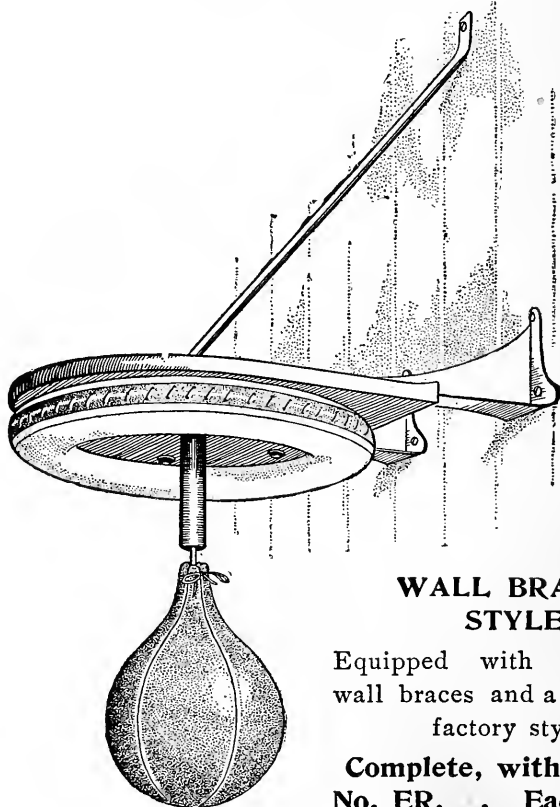
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# The Spalding Patent Inflated Striking Bag Disks

Patent Pending



## WALL BRACED STYLE

Equipped with substantial  
wall braces and a very satis-  
factory style.

**Complete, without bag.**  
**No. ER. . Each, \$7.50**

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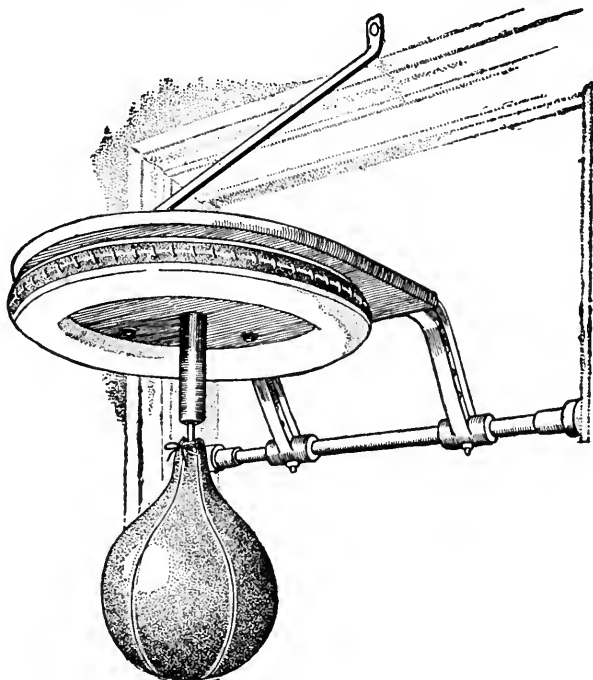
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# The Spalding Patent Inflated Striking Bag Disks

Patent Pending



## DOORWAY STYLE

Is bracketed out from a doorway bar, having a single overhead brace, which is screwed to the wall above the door. The doorway bar is made of iron pipe having rubber cushions on ends. Turning the pipe causes the end sockets to spread, jamming the cushions against the sides of door and making the bar firm and rigid. The bar may also be used as a "chinning" horizontal bar. In ordering, state width of doorway.

**No. BR. Complete, without bag. . . Each, \$10.00**

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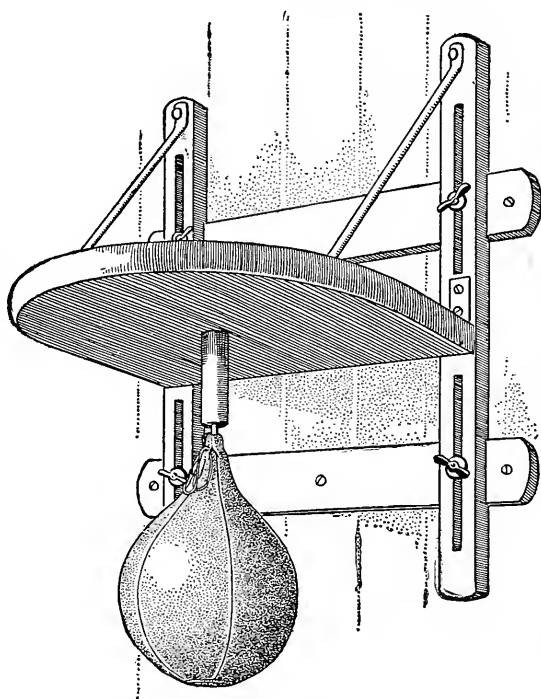
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# The Spalding Patent Solid Striking Bag Disks

Patent Pending



THE solid disk for striking bags will always hold a high place in the estimation of many on account of the variety of work it permits. The style which we originally introduced some years ago is the one which has been imitated most generally, but in all these substitutes the makers, while making them lighter, have uniformly neglected the most essential point and have produced an article flimsy and unsatisfactory to a degree.

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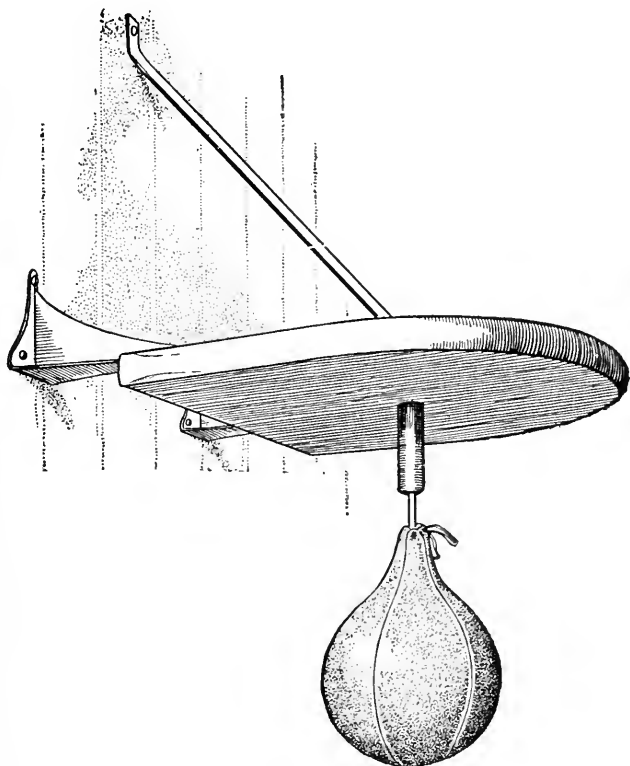
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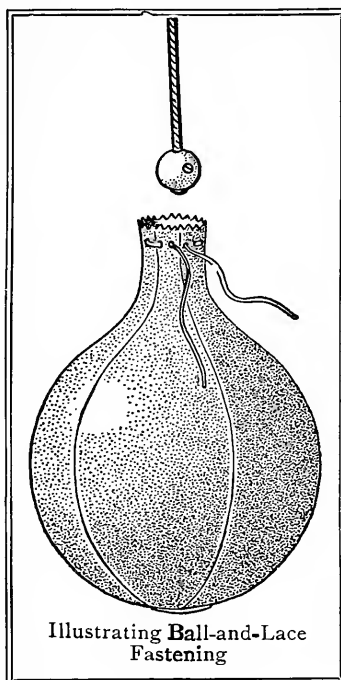
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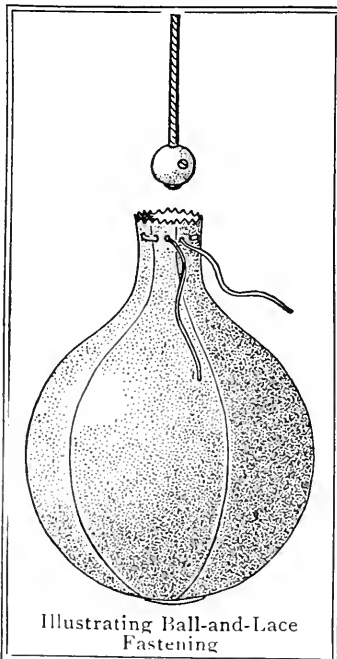
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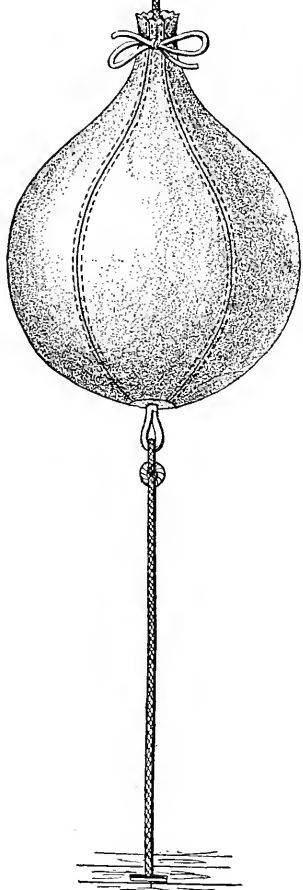
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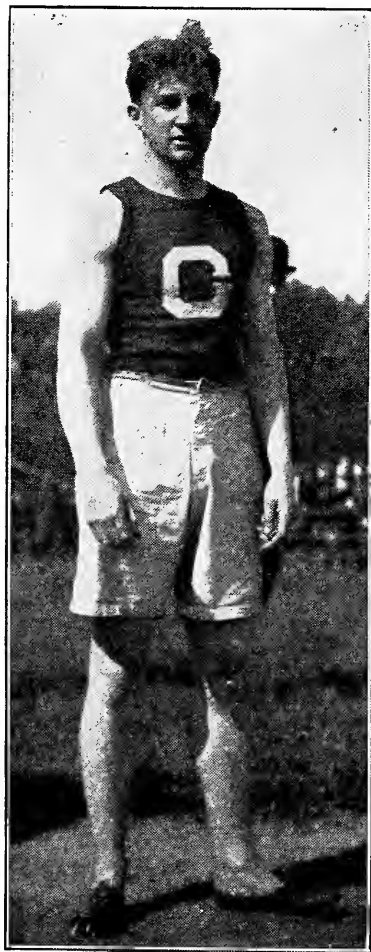
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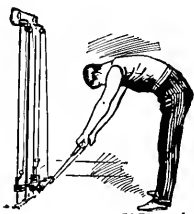


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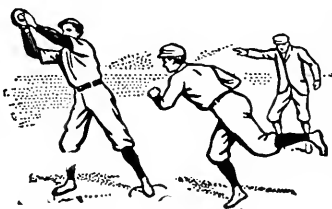
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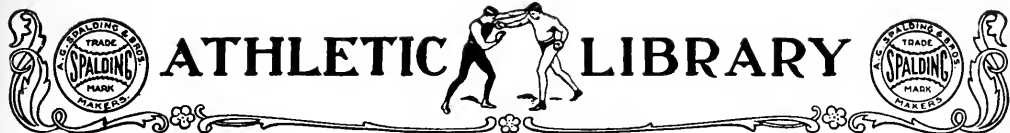
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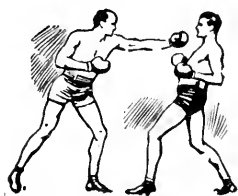


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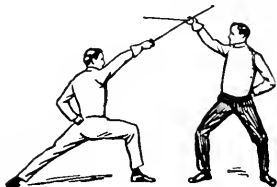
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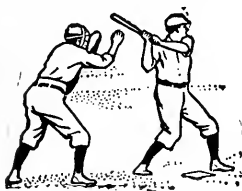


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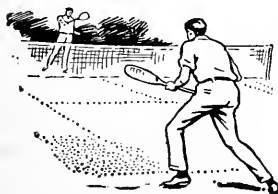
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This is undoubtedly the best work on dumb-bells that has ever been offered. The author, Mr. G. Bojus, of New York City, was formerly superintendent of physical culture in the Elizabeth (N. J.) public schools, instructor at Columbia University, instructor for four years at the Columbia summer school, and is now with the Dr. Savage Normal Institute of

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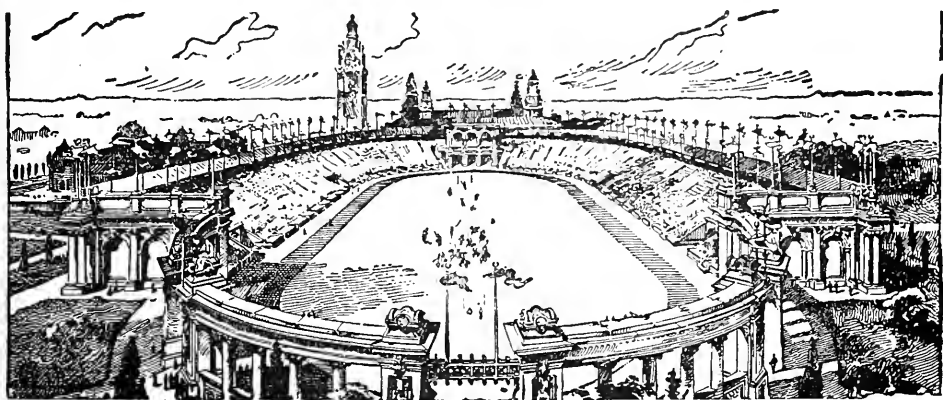
By William C. Schmeisser, captain Johns Hopkins University champion intercollegiate lacrosse team of 1902; edited by Ronald T. Abercrombie, ex-captain and coach of Johns Hopkins University lacrosse team, 1900-1904. Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated. Price 10 cents.



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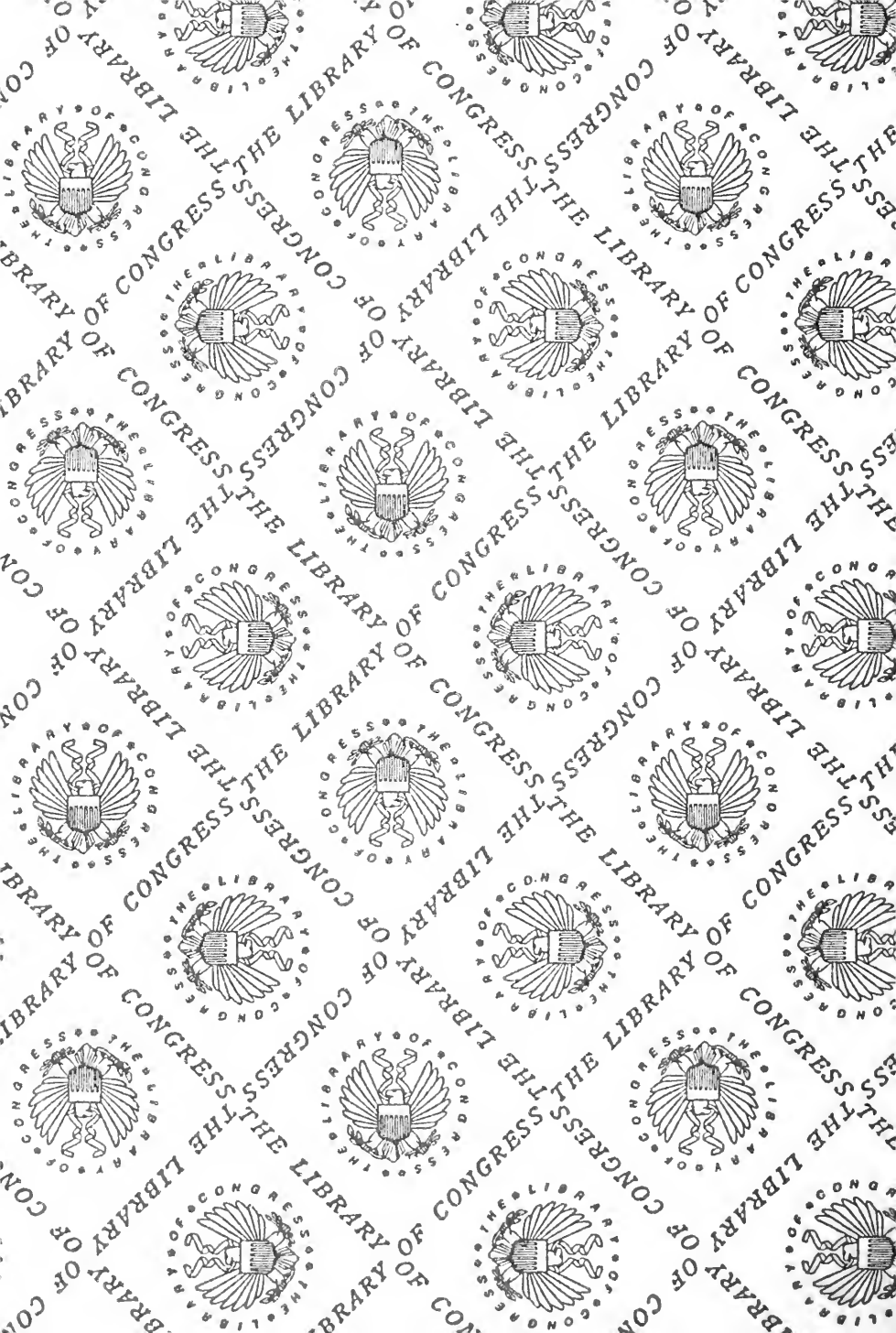
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